



End

**The "Executive" Stretch:**

Sitting or standing, place both hands behind the head with elbows out to the side. Lean back slightly and press elbows open. Remain here for 5 to 10 breaths.



Start



**Chest and Shoulder Stretch:**

Sit forward on your chair with hands together behind the back. Press down and back with the hands lifting chest up and out and pushing shoulders away from the ears. Remain here for 5 to 10 breaths.



**Torso Turn:**

Sit forward on your chair slightly. Using your hands on the arm and/or chair back, rotate to the side to a comfortable stretch. Remain here for 5 to 10 breaths. Repeat to the other side.

**Strong & Healthy Back**  
*Perfecting your posture*



**Corner Stretch:**

Stand facing in to a corner placing forearms up against the two walls with elbows bent 90°. In a split stance (one foot forward and one foot back), press the upper body in toward the corner. Remain here for 5 to 10 breaths.



**Wrist Flexion:**

Stand or sitting, take one arm out in front with palm facing downward. Putting the other hand on top, gently press the hand down, lengthening from the top of the forearm to the top of the hand. Remain here for 5 to 10 breaths.



**Wrist Extension:**

Stand or sitting, take one arm out in front with palm facing upward. Putting the other hand on your palm, gently press the hand down, lengthening from the underside of the forearm to the palm of the hand. Remain here for 5 to 10 breaths.



**Neck Stretch:**

Sitting or standing, place the hand on the opposite side of the head. Gently tilt and hold head to the side. Remain here for 5 to 10 breaths. Repeat to the other side.



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