



Flex Break Stretches

Do the following stretches every hour to give your body a break from sustained postures that cause stress – seated at the office, on a plane, train or commuting.
THE most important thing...take a brief break and move!

Stretch	Description	Visual
Reverse the Curve <i>(low back, upper back, chest & hips)</i>	While standing upright with feet slightly apart... <ol style="list-style-type: none"> Place palms in hollow of lower back Focus eyes on a point straight ahead (keeping chin down) Bend backward using hands to support lower back (do not lock knees) Hold for five to ten seconds and return to starting position Repeat three to five times 	
"Executive Stretch" <i>(upper back, chest & shoulders)</i>	While sitting upright in chair... <ol style="list-style-type: none"> Clasp hands behind head (elbows aligned with ears) Press elbows back as far as possible, squeeze shoulder blades together Relax and repeat three times 	
Head Tilt & Turn <i>(head & neck)</i>	While sitting upright with shoulders relaxed slowly... <ol style="list-style-type: none"> Lower head to shoulder, hold and repeat to other side Turn head to look over shoulder and repeat to other side Lower chin to chest and return to starting point Repeat sequence three to five times 	
Shoulder & Arms Rolls <i>(neck, shoulders & upper back)</i>	While sitting or standing with shoulders relaxed, slowly... <ol style="list-style-type: none"> Roll both shoulders backward, down and around in a circular motion Repeat three to five times Raise Rotate Lower Repeat 	
Wrist & Hands <i>(circulation and prevention of carpal tunnel)</i>	<ol style="list-style-type: none"> 1. Wrist Circles 2. Hand Flex 3. Wrist Flex 	