

## HEALTH TIP

### Stretches for Computer Users and Frequent Travelers

For many who work on a computer all day or sit for long periods of time on an airplane, this simple stretching routine can improve circulation, relieve stress, and soothe sore muscles. The stretches can be performed with standing, sitting at a desk, or talking on the phone. Set a calendar reminder for yourself and your body will thank you.

- Do a few of these exercises a few times every day.
- Dots show the muscles that are being stretched.
- Do not over-stretch.
- Stop if you feel discomfort when performing an action.
- Remember to do each side.

#### Neck - Head Rolls



Gently lower ear to shoulder and hold for 10 seconds. Slowly roll chin to chest and up to other shoulder and hold for 10 seconds. Repeat several times and be careful not to extend your neck back too far.

#### Shoulders - Shoulder Stretch



Stretch arm above head, cradle elbow with hand and gently pull elbow behind the head. Hold for 10 seconds and repeat several times.



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### Wrists, Hands and Arms - Wrist Stretch



Interlace fingers, palms outward, and straighten arms in front. Hold for 10 seconds and repeat several times.

### Upper and lower back - Upper and Lower Back Stretch



Interlace fingers and turn palms upward above head; straighten arms then slowly lean slightly from side to side. Repeat movement several times.

### Legs - Foot Rotation



Hold onto the chair with hands either side. Straighten leg and lift foot a few inches off floor. Rotate foot and ankle both ways (point toes up) and extend (point toes down). Repeat several times per foot.

### Eyes - Eye Movement Exercise



Sit up straight, face forward and repeat this sequence several times without moving head. Look up, then down. Look left, then right.

