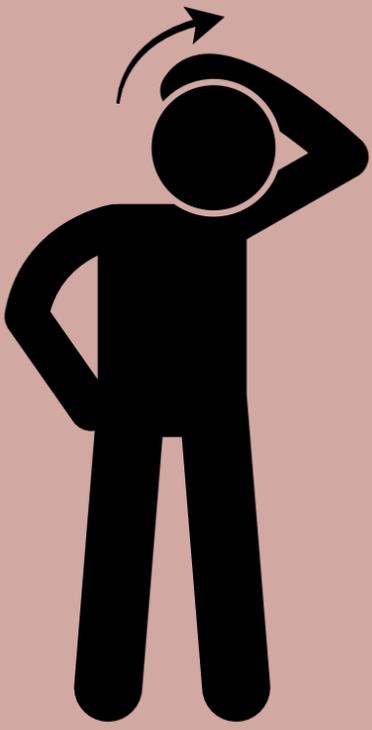


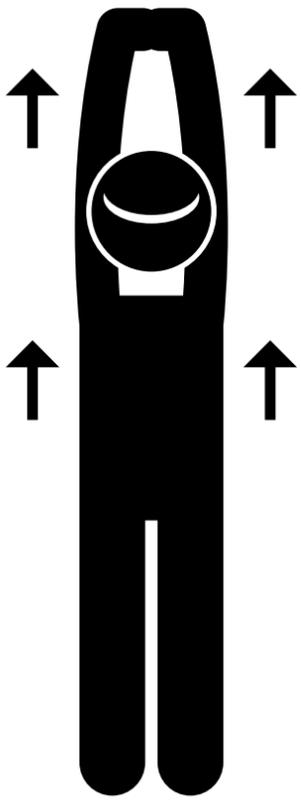
# STRETCH OUT YOUR DAY

ADD SOME MOVEMENT TO YOUR DAY WITH THESE EASY STRETCHES YOU CAN DO AT YOUR DESK

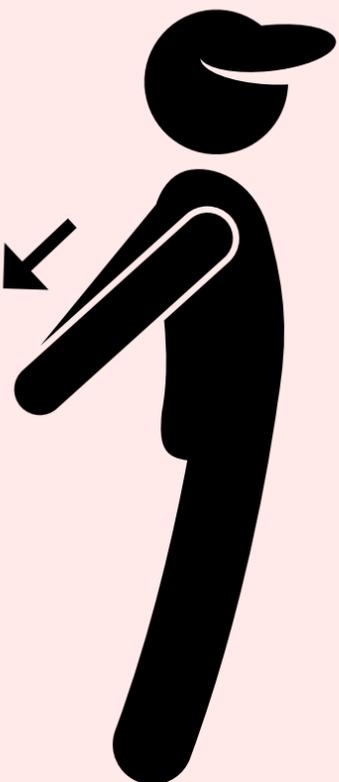
HOLD EACH STRETCH FOR 30 SECONDS WHILE BREATHING



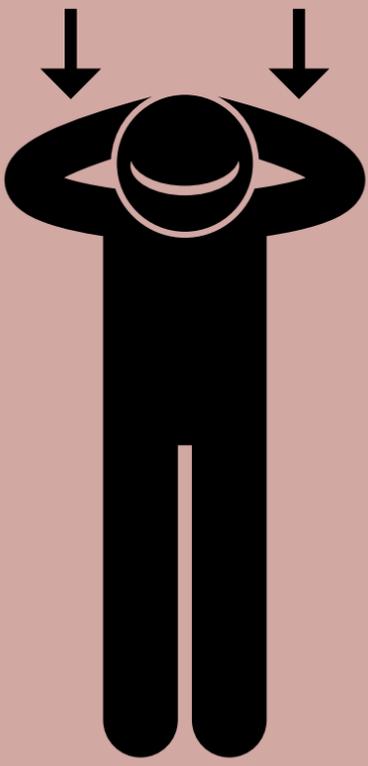
BRING ONE HAND OVERHEAD TO THE OPPOSITE EAR, GENTLY DRAW YOUR EAR TOWARDS YOUR SHOULDER WHILE YOUR OTHER HAND REACHES TOWARD THE FLOOR



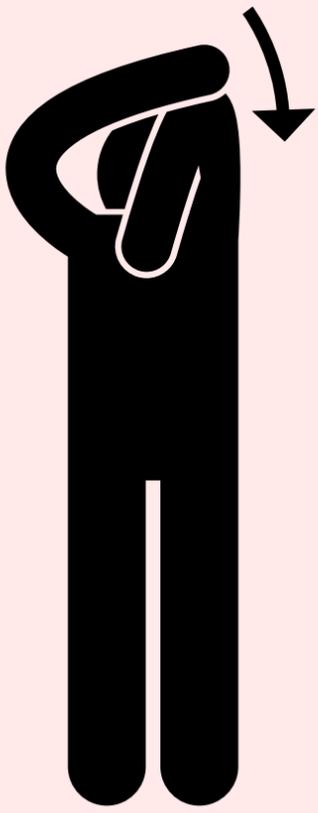
BRING YOUR HANDS TOGETHER OVERHEAD, TURN YOUR PALMS TOWARD THE CEILING, PRESS UP INTO YOUR PALMS CREATING LENGTH THROUGH YOUR SHOULDERS AND TORSO



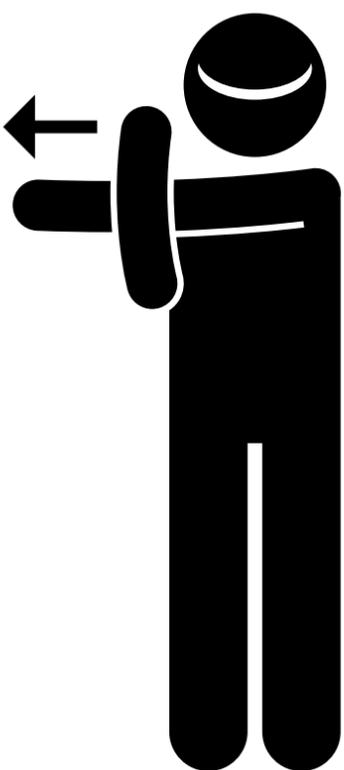
BRING YOUR ARMS BEHIND YOUR BACK, GRASP YOUR HANDS TOGETHER, PUSH YOUR PALMS TOWARD THE FLOOR WHILE DRAWING YOUR SHOULDERS DOWN AND BACK



BRING YOUR FINGERS  
TIPS UP BEHIND  
YOUR EARS, PUSH  
YOUR ELBOWS OPEN  
AND SLIDE YOUR  
SHOULDERS AWAY  
FROM YOUR EARS



BRING ONE ARM UP  
BESIDE YOUR EAR, DROP  
YOUR FOREARM BEHIND  
YOUR HEAD, USE YOUR  
OTHER HAND TO APPLY  
GENTLE PRESSURE TO THE  
ELBOW PUSHING THE  
ARM DOWN THE BACK



BRING ONE ARM  
STRAIGHT ACROSS  
YOUR CHEST, USE THE  
OTHER ARM TO PULL  
THE FIRST ARM  
TOWARDS YOU AS THE  
FIRST ARM LENGTHENS  
AWAY

