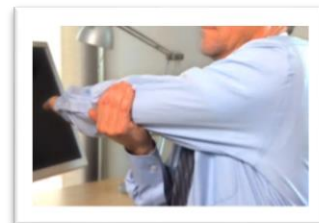


## Wellness at Home – Stretching

Sitting for long periods of time can take a toll on your muscles. The Mayo Clinic offers some stretches that can be performed on your breaks right at your at-home workstation to help keep your muscles from feeling sore and tight.

### Shoulder stretch

1. Place one hand under your elbow.
2. Lift your elbow and stretch it across your chest. Don't rotate your body as you stretch.
3. Hold the stretch for 30 seconds. You'll feel tension in the back of your shoulder.
4. Relax and slowly return to the starting position.
5. Repeat the stretch with the other arm.



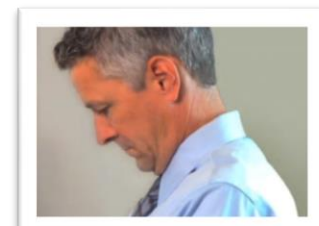
### Chest Stretch

1. Place your hands behind your head.
2. Squeeze your shoulder blades together, bringing your elbows back as far as possible.
3. Hold the stretch for 30 seconds.
4. Relax and slowly return to the starting position.
5. Repeat.



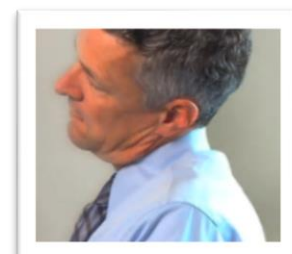
### Chin tuck (to loosen stiff neck and shoulder muscles)

1. Face straight ahead.
2. Lower your chin to your chest.
3. Hold the stretch for 30 seconds. You'll feel tension in the back of your neck.
4. Relax and slowly return to the starting position.
5. Repeat.



### Side neck stretch

1. Face straight ahead.
2. Tilt your head so that you're moving your ear toward your shoulder. Don't bring your shoulder up to your ear.
3. Hold the stretch for 30 seconds. You'll feel tension in the side of your neck.
4. Relax and slowly return to the starting position.
5. Tilt your head to the other side and repeat the stretch.



### Standing thigh stretch

1. Stand up straight, placing one hand on a chair or desk for stability.
2. Grab one of your ankles — or your pant leg — and bring it up toward your buttock. Remember to maintain an upright position, keeping your back straight and your knees parallel to one another.
3. Hold the stretch for 30 seconds. You'll feel tension in the front of your thigh.
4. Relax and slowly return to the starting position.
5. Repeat the stretch with your other leg.

