

# TAKE TIME TO STRETCH

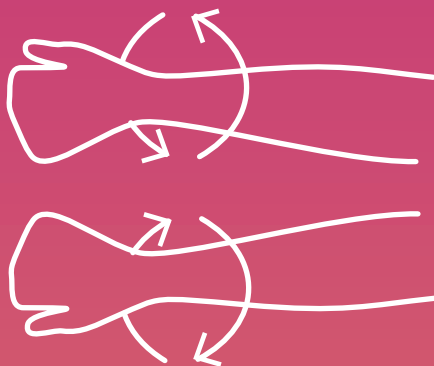
RELAX, REFRESH, AND RESET.

Hold each stretch 20-30 seconds | Remember to breathe | Repeat up to 3 times daily



## CHEST OPENER

Lift your arms into a Y position palms facing the front. Lower the arms and bend both elbows into a W position. Keep your arms in this position and push your shoulders back.



## FIGURE 8 WRIST STRETCH

Extend your arm and clutch your hand in a fist. Slowly move your wrist in circular motion drawing a figure 8. Repeat on the other side.



## HIP OPENER

While sitting upright with hips and knees at a 90-degree angle, cross one leg over the other. Lean forward while keeping your back straight and hold. Repeat on the other side.

RECHARGE

Release the effects of workday stress. Take time to stretch. It only takes a minute to feel a dramatic difference.