

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.

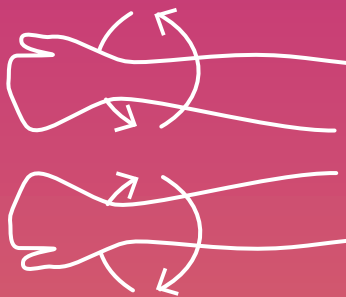


FIGURE 8 WRIST STRETCH

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.