WORKSTATION EXERCISES

The following exercises should be done at least once per hour during the work day:

**Deep Breathing:** Breathe in slowly though the nose. Hold for 2 seconds, then exhale through the mouth. Repeat several times.

**Head and Neck:** Turn your head left and keep it there for 2 seconds. Then turn your head right and keep it there for 2 seconds. Repeat several times.

**Neck Tilt:** Start with your head in a comfortable straight position. Then, slowly tilt your head to your right shoulder to gently stretch the muscles on the left side of your neck. Hold this position for 5 seconds. Then, tilt your head to the left side to stretch your other side. Do this twice for each side.

**Back:** Start with the arms bent, hands near chest area, and push elbows back. Hold for 5 seconds, then relax. Repeat several times. You can also raise arms in the same fashion, this time close to the shoulders, to work out the upper back.

**Shoulders:** Roll shoulders slowly in a circular fashion, while trying to make the circle as big as possible. Take about 5 seconds to complete one circle. Repeat several times.
Shoulder and Arms: Keep one arm horizontally stretched in front of your chest. Push this arm with your other arm towards you until you feel a mild tension in your shoulder. Hold this position briefly, and repeat the exercise for your other arm.

Backward Shoulder Press: Interlace your fingers behind your back. Then turn your elbows gently inward, while straightening your arms. Hold this position for 5 to 15 seconds, and repeat this exercise twice.

Wrists: Hold your hands out in front of you. Slowly raise and lower your hands to stretch the muscles in the forearm. Repeat several times.

Fingers and Hands: Make a tight fist. Hold for a second. Then spread your fingers apart as far as you can. Hold for 5 seconds, then relax. Repeat several times.