



Exercises for the workplace

Even 30 seconds of focused breathing will make a difference in your overall health and mindset. If time permits, spend 2 minutes with each exercise listed below:

Neck Rolls:

Seated with a straight spine, relax the head, neck and shoulders as you exhale. Shoulders are drawn down toward the floor.

Inhale: Head up at center

Exhale: Chin to chest

Inhale: Turn head to look over left shoulder, and then draw head up to center

Exhale: Chin to chest

Inhale: Turn head to look over right shoulder, and then draw head up to center

Exhale: Chin to chest

Repeat in the opposite direction with same breathing pattern.

Shoulder Rolls:

Seated with a straight spine, relax the head, neck and shoulders as you exhale.

Inhale: Draw the shoulders up toward the ears

Exhale: Roll shoulders toward the back and down (blades come together)

Inhale: Roll shoulders forward and up toward the ears

Exhale: Roll shoulders toward the back and down (blades come together)

Repeat in the opposite direction and reverse breathing pattern:

Inhale: Shoulders back and up to ears

Exhale: Shoulders forward and down

Spinal Waves (Flexion & Extension):

Seated with a straight spine, relax the head, neck and shoulders as you exhale. Hands rest on the thighs.

Inhale: Draw belly and chest forward, shoulders & elbows back, arching the spine

Exhale: Tuck tailbone under, belly moves toward the spine, shoulders forward, rounding the spine, chin to chest. Continue for several breaths, breathing at your own pace.

Standing Forward Bend:

Standing tall, feet hip distance, hips face forward. Bend the knees slightly.

Inhale: Roll the shoulders back, coming into a gentle backbend

Exhale: Bend the knees and round the spine as you round down over the legs, drawing the sitting bones back, crown of the head faces the floor, lift the sitting bones toward the sky and notice how that naturally straightens the legs.

Inhale: Come up with rounded spine, one vertebra at a time

Other resources on the Web:

excellusbcb.com (health & wellness, search health topics)

www.usasearch.gov (search for desk stretches)

www.cdc.gov

