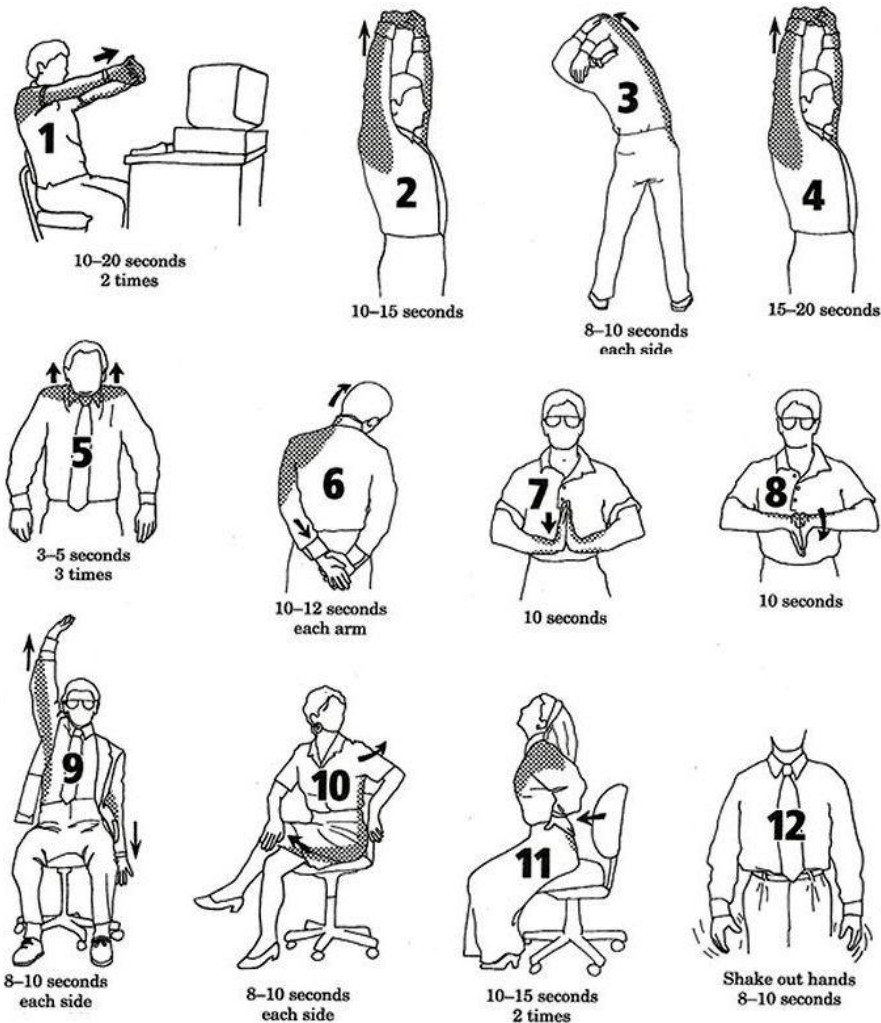


Four Minute Stretch Sequence for the Office



For many people with muscular aches and tension periodic stretching can provide pronounced relief from discomfort. In addition to improving flexibility and releasing static tension in the muscles, the act of stretching will improve circulation and blood oxygenation - both of which will improve alertness and well-being. Check all exercises with your health care provider before you start!

Key points to consider when stretching include:

- Stretch slowly until a mild tension is felt, then hold for up 30-60 seconds unless otherwise stated. The movement should be gentle with no bouncing
- Do not stretch to the point where numbness or a tingling sensation is felt
- Try to relax the muscles throughout the passive movement of the stretch, as this will help to alleviate any unnecessary tension within the muscle
- Do not hold your breath, breathing freely helps you relax and get the best stretch.