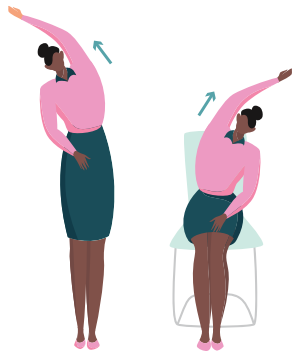


EASY STRETCHES TO PRACTISE DURING THE WORKDAY

Tips for Stretches:

- Hold all stretches for 10 to 20 seconds and repeat two to four times
 - Take a deep breath with each stretch
- Use good posture and keep your shoulders down and relaxed
 - Stretch until you feel a pulling sensation, but not pain

1



Overhead Reach/Side Bends

2



Spinal Twist

3



Neck & Shoulder Stretch

4



Hip Opener

5



Cat-Cow Variation