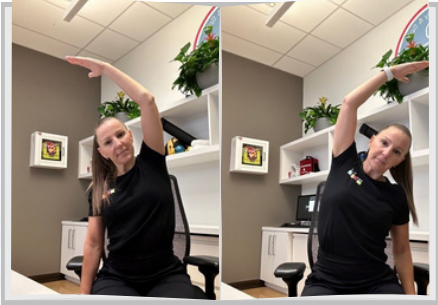
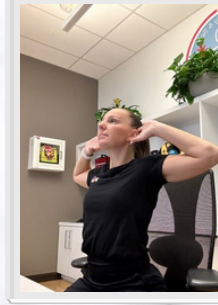


5-Minute Desk Stretch



Sit tall. Inhale, sweep your right hand up. Exhale, bend to the left. Alternate to the other side. Repeat 4x



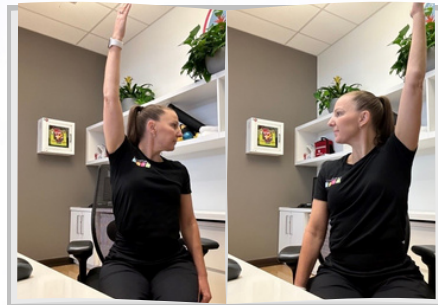
Interlace your fingers across the back of your head. Gently push your chest forwards while drawing your elbows back. Hold for 10 sec.



Interlace your fingers across the back of your head. Exhale, rotate right. Inhale to center. Alternate to the other side. Repeat 4x



Interlace your fingers across the back of your head. Exhale, lean right. Inhale to center. Exhale, lean left. Repeat 4x



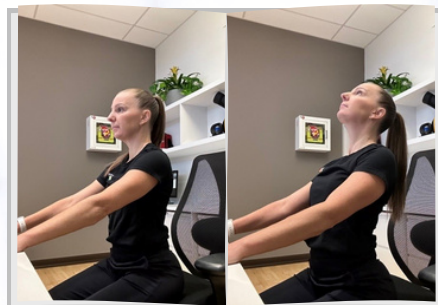
Sit tall. Inhale, sweep your right arm up. Exhale, look over your left shoulder. Repeat 4x on one side before moving to the other side.



Place one foot over the knee, and gently lean forward. Keep your back straight and lean forward from your hips. Hold 10 sec. repeat on the other side.



Place your hands on a desk, Push hips backward, and lower your chest until it is parallel to the floor. Hold for 10 sec.



Place your hands on a desk, Gently push your chest forward and gaze toward the ceiling. Hold for 10 sec.



Scan the QR Code to access the video and follow along