

Think Activity

Office Exercises:

Not only do proper diet and regular exercise help strengthen our bodies and contribute to mental alertness, they also help our bodies spring back from injury much faster.

Done frequently and properly, the following exercises can help relieve joint and muscle tension and offset injury.

A few things to remember about doing exercises:

- ✓ If you are under medical treatment, please contact your physician before doing any of the following suggested exercises
- ✓ Perform all exercises within your comfort zone, and breathe naturally
- ✓ Stretches should be done slowly and smoothly. Do not bounce or strain. If you feel discomfort, STOP.

Wrist Stretch

- Drop your arms and hands to your sides. Shake them out for a few seconds.
- Sit on a chair with elbows on a table in front of you. Bring palms together as you slowly lower wrists to the table until you feel a stretch.

Forearm Stretch

- Straighten your right arm in front of you, palm down. With your left hand, slowly bend the hand down until you feel a stretch. To intensify the stretch, make a fist with your right hand.
- Repeat with left arm.

Shoulder/Arm Stretch

- Reach one arm across the chest, grasping the opposite shoulder.
- With the other arm, gently pull the elbow across the chest and towards the body until you feel a stretch.
- Hold this position for six to ten seconds.

Shoulder Shrug

- Let the head relax as you look straight ahead.
- Slowly squeeze your shoulder up towards you ears. Hold for one to two seconds.
- Stretch shoulder by extending fingers down to the floor and gently drop the chin.
- Repeat slowly.

Executive Stretch

- Lock your hands behind your head.
- Stretch slowly backwards in your chair.
- Arch your back slightly and gently
- Hold for six to ten seconds.
- Relax for five to ten seconds.
- Repeat

Upper Back Stretch

- Extend both arms out in front of chest at shoulder height. Do not overextend the elbows.
- Interlock fingers, palms facing away from the body.
- Maintain an upright posture and reach forward with the arms until you feel a stretch in the shoulder/upper back region. Hold for six to ten seconds.
- Raise and stretch arms overhead, keeping arms extended and fingers interlocked. Keep stomach muscles tight to avoid arching the lower back. Breathe naturally and hold for ten seconds.

Neck Stretch

- Sit up straight and drop chin gently.
- Slowly and gently bend your head toward your right shoulder until you feel a mild stretch on the left side of your neck.
- Hold for five seconds.
- Repeat toward left shoulder for stretch on right side of your neck.

Palming Your Eyes

- Cup your hands
- While resting your elbows on a desk or table, cover your eyes with one hand and overlap with the other to ensure all light is blocked.
- Do not put direct pressure on the eyes.
- Breathe naturally as you hold this position for 30 seconds.
- Remove hands and open eyes, slowly.