

## Seated Stretch Break

Hold each stretch for 5-10 seconds, and stretch each side 2-3 times. Take your time. Breathe deeply.

- 1) **Shoulder rolls** (up, back and down)
- 2) **Chin tuck** (look straight ahead then tuck in your chin as if making a double chin)
- 3) **Neck tilts** (look straight ahead, tuck your chin, then lift one ear to the sky)
- 4) **Neck turns** (look ahead, then turn head gently to one side)
- 5) **Scarecrow** (arms straight out to sides, palms forward, press back to tuck in your angel wings, then bring your hands together in front)
- 6) **Raise arm**, bend into side stretch (everything faces forward, no twisting)
- 7) **Twist** (sit on edge of chair. With hands on waist, twist at waist)
- 8) **Hand Stretch** (open your hands wide, then close to make a loose fist)
- 9) **Buttock squeeze** (you got it!)
- 10) **Hip walk** (walk your hips to the front of your chair, and back)
- 11) **Pelvic tilt** (press your lower back into your chair)
- 12) **Chair sit-up** (hip walk again to the front edge of your chair, raise arms straight out in front of you, lean back towards chair but don't touch, hold)
- 13) **Leg lifts** (Hip walk to back of chair, lift your leg just 2-3 inches off ground)
- 14) **Ankle stretches** (while leg is lifted, do ankle circles, then flex and point, then turn the sole of your foot in and out)
- 15) **Hamstring stretch** (sit on edge of chair, bring one leg straight out in front, place heel on ground. Keep your eyes up as you gently lean forward to stretch the back of your thigh)
- 16) **Lay on lap** with arms hanging to the ground.
- 17) **Stand** if you wish. With your arms at your side, raise arms, palms up, lower arms, palms down. Add deep breath in as you raise your arms, deep exhale as you lower your arms.

