

Seated Stretch Break

Hold each stretch for 5-10 seconds, and stretch both sides 2-3 times.

- 1) Shoulder rolls (up, back and down)
- 2) Chin tuck (look straight ahead then tuck 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 (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 (with hands on waist, twist)
- 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, raise arms straight out in front of you, lean back towards chair but don't touch, hold)
- 13) Leg lifts (lift your leg 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, keep your eyes up as you gently lean forward to stretch the back of your thigh)
- 16) Lay on your lap, arms hanging down
- 17) Arms out to side, raise arms, palms up, lower arms, palms down

