

STRETCHING

vitaMin

Vital health
information in
a minute!

S-t-r-e-t-c-h-i-n-g feels good

- Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release and drop. Repeat three times.
- Loosen your hands with air circles. Clench both fists, stretching your hands out in front of you. Make circles in the air, then reverse the circles. Shake out your hands.
- For a neck stretch, tilt your ear toward one shoulder then the other. Hold briefly.
- Try supported back extensions – hold your hips and gently bend backwards.
- Fight carpal tunnel syndrome. Stand at your desk, and, arms straight, place your palms on the desk with fingers pointed toward you. Lower your body slowly until you feel the stretch (you won't have to go far). Hold for 15 seconds. Repeat as needed through the day.



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