

# WORKOUT IN YOUR WORKSPACE

## GIVE FLEXTIME A WHOLE NEW MEANING

Stretching is a great way to relax stiff muscles and can also help reduce tension and stress. Try these quick stretches at your desk or office during a short break or lunch. Remember that stretching should not be painful—it should feel good. Just stretch to the point of tension and hold. Always consult your physician before starting any new exercise program, especially if you have been inactive or are recovering from surgery.

Do these stretches at your desk each day either alone or with a small group. Practice good form and remember to relax and continue breathing while you stretch. Performing these stretching exercises can help you:

- reduce stress and tension,
- ease anxiety,
- relax,
- increase your alertness,
- enhance flexibility and reduce injury, and
- improve circulation.

Dedicate time each day in the morning and afternoon for stretching breaks. You'll be on your way to a flexible, new you!

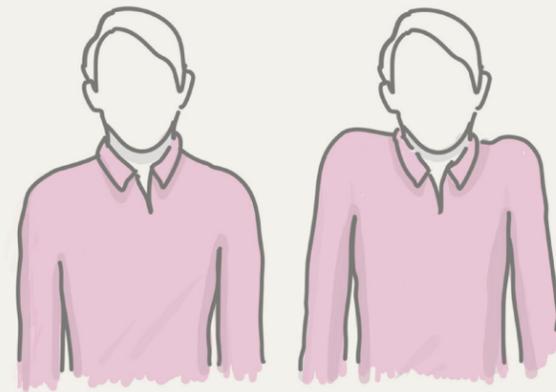
For more ideas on health and wellness, tools, resources and coaching, log in to **Blue Access for Members<sup>SM</sup>** and click on Well onTarget<sup>®</sup> under the Quick Links.

**Source:** North American Spine Society

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### Shrug Your Shoulders

Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold for a few seconds, release and drop. Repeat three times. Shake your head slowly (like a big “yes” and “no”) several times to relax your neck.



### Side Bend

Sit up straight. Resting your left arm in your lap, raise your right arm over your head and reach as far as you can to the left while keeping your hips in place. Sit upright and repeat with your left hand. Do the stretch three to five times on each side.



### Upper Arm Stretch

Lift one arm and bend it behind your head, then place your other hand on the bent elbow and push gently to stretch your upper arm and shoulder. Hold for 15 to 30 seconds, and then relax and slowly return to the starting position. Repeat with the other arm.



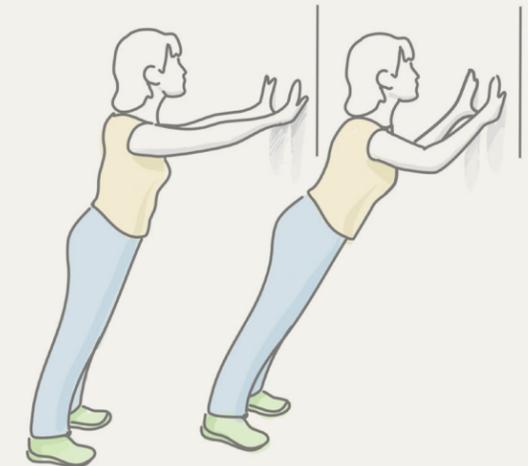
### Back and Bicep Stretch

Place your hands on the edge of your desk and slowly push your chair back until your head is between your arms, and you're looking at the floor. Then slowly pull yourself back in. Repeat 15 times.



### Lower Back Stretch

Sit forward in your chair and bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight and be careful not to lean forward. Hold for 30 seconds. Relax and slowly return to the starting position, then repeat the stretch with the other leg.



### Wall Push-Ups

Stand facing the wall, a foot or two away, and put your hands on the wall straight out from your shoulders. Bending your elbows, slowly lower your face toward the wall and then slowly push yourself back to an upright position. Repeat 15 times.