

# *5 Ways to Improve Work Wellness*



- Improves **shoulder mobility** and **flexibility**
- **Sit tall** in your chair and reach your **left hand behind your back**, between your shoulder blades palm out
- Reach your right hand up toward the ceiling, bend it down, **and try to touch your left hand**
- **Grab your hands** and pull to get a full stretch
- If you can't touch your hands grab onto your **shirt** and keep practicing
- **Switch arms** and repeat



# *the* **Arm Stretch**

- Improves **circulation, quadriceps strength, and hamstring strength**
- **Sit tall** in your chair
- Extend **one leg straight out** and hold for **2 seconds**
- Then raise up the **same leg** as high as you can and **hold for 2 more second**
- Repeat with each leg **15 times**



# *lower* **Body Strength**

- **Relieves pain** from carpal tunnel syndrome
- **Stand tall** at your desk
- Straighten your arms and place the **backs of your hands** on the your desk with your **fingers pointed toward you**
- **Lower your body** slowly until you feel a stretch in your forearms
- Hold for **15 seconds**
- **Repeat every day**, throughout the day as needed



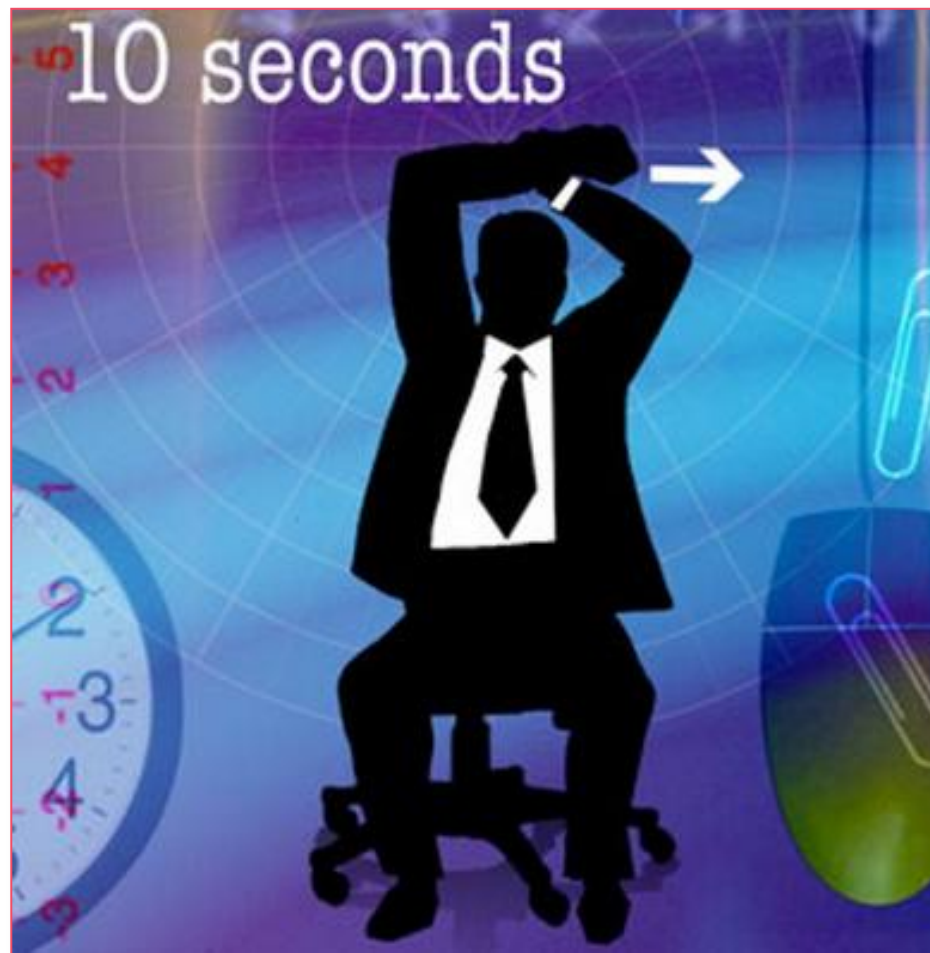
# Carpal Tunnel Reliever

- Improves **core, triceps, and biceps strength**
- Sit in your chair as you normally would. **Do not cross your legs.**
- Place your **hands on the armrests**
- **Squeeze** your **stomach**
- Raise yourself a few inches above the seat
- Hold for **10 to 20 seconds**
- Rest for **30 seconds**
- Repeat **5 times**



# Core *and* Arm Exercise

- Stretches **lats and obliques**
- Sit in your chair **upright**
- Hold your **right wrist** over your head with your left hand and pull it to **stretch your right side**
- **Keep your shoulders down** as you bend
- Hold for **10 seconds**
- Return to **upright posture**
- Hold your **left wrist** over your head with your right hand and pull it to **stretch your left side**
- **Repeat 5 times** on each side



# Side Stretch