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

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**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

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**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**