

Stretch *at work*

Calf Stretch:

- While standing, face a wall.
- Flex your foot and put the bottom of it on the wall.
- Lean in towards the wall to feel a gentle stretch in the back of your leg.
- Hold for 8 seconds.
- Take your foot off the wall, point and flex it.
- Repeat on your other side.



Forearm Stretch:

- Reach your right arm out in front of you with your palm facing down.
- With your left hand, pull your right fingers up towards the ceiling and back towards your body.
- Hold for 3 seconds.
- Then pull your fingers under your wrists towards your body.
- Hold for 3 seconds.
- Repeat on opposite arm.



Arm Stretch:

- Sit or stand up tall.
- Stretch your right hand behind your back as if you were trying to grab a pencil from between your shoulder blades.
- Repeat with other hand.



Fist Squeeze:

- Grab a stress ball or something you can squeeze.
- Squeeze the stress ball for 10 seconds.
- Release and stretch your fingers.
- Repeat. This will loosen up your hands and fingers.

For questions about wellness, contact
(212) 432-8494 or wellness@chnnyc.org

Photos taken from Google images.

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Neck Stretch:

- Tilt your ear to your shoulder.
- With your hand, gently press your head deeper towards your shoulder.
- Hold for 10 seconds.
- Repeat on other side.



Seated Child's Pose:

- Sit tall, 2 feet away from a table.
- Hinge forward at your waist, place both of your hands on the table.
- Allow your head to fall between your arms.
- Slowly walk both hands to the right. You will feel a stretch along your left side.
- Hold for 15 seconds.
- Slowly walk both hands to the left. You will feel a stretch along your right side.

Shoulder Rolls:

- Roll both shoulders backward 10 times.
- Roll both shoulders forward 10 times.
- Raise your shoulders toward your ears.
- Hold for 3 seconds.
- Relax.



Apple Picking:

- Sit tall in your chair. Stretch both arms over your head.
- Reach your right hand higher, then reach your left hand higher. Alternate like you are picking apples off of a tree overhead. You will feel a stretch along your sides.

Figure Four:

- Sit tall in your chair. Place your right ankle on top of your left knee.
- Lean forward to feel a slight stretch in your butt and hip.
- Hold for 5 seconds.
- Repeat on other side.



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