

# Move Well @ Work

Total stretch routine should take 3min

- Take a deep breath to start
- Relax & breathe slowly
- No bouncing or forcing the stretches
- Feel the stretch don't push it
- Stretches can be held up to 20 sec



Hold for 5 sec, each side



Hold for 10 sec



Hold for 5 sec, 3 times



Hold for 5 sec, each side



Hold for 10 sec



Hold for 5 sec, 3 times



Hold for 5 sec, 2 times



Hold for 5 sec, 2 times



Hold for 10 sec, each side



Hold for 5 sec, 2 times



Hold for 5 sec, each side



Hold for 10 sec