

Get Moving at Your Desk: 31 Simple Stretches for a More Productive Day



31 Simple Stretches You Can Do At Your Desk

by Indira Swami

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Working at a desk all day can take a toll on your body. You may find yourself feeling stiff, sore, and tired. But did you know that there are simple stretches you can do right at your desk to help relieve tension, boost productivity, and improve your overall well-being?

In this article, we will share 31 simple desk stretches that you can do to get your body moving and feeling better. These stretches are easy to do and can be done in just a few minutes. So next time you're feeling stiff or tired, try one of these stretches and see how you feel.

1. Neck Stretch

To do a neck stretch, sit up straight with your shoulders relaxed. Gently tilt your head forward and let your chin rest on your chest. Hold for 10-15

seconds, then slowly tilt your head back and look up at the ceiling. Hold for 10-15 seconds, then repeat.

 <p>CERVICAL FLEXION</p> <p>Tilt your head downwards, then return back to looking straight ahead.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>	 <p>CHIN TUCK</p> <p>Slowly draw your head back so that your ears line up with your shoulders.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>
 <p>CERVICAL EXTENSION</p> <p>Tilt your head upwards, then return back to looking straight ahead.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>	 <p>UPPER TRAPS STRETCH</p> <p>Begin by tilting your head back into a chin tuck position. Next, move your head towards one side with the help of hand. Repeat with opposite side.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>
 <p>CERVICAL ROTATION</p> <p>Turn your head towards the right, then return back to looking straight ahead. Repeat with opposite side.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>	 <p>LEVATOR SCAPULAE STRETCH</p> <p>Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side. You should be looking towards your opposite pocket of the affected side. Repeat with opposite side.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>
 <p>CERVICAL LATERAL FLEXION</p> <p>Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time, and don't raise your shoulders). Repeat with opposite side.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>	 <p>SUBOCCIPITAL STRETCH</p> <p>Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.</p> <p>Repeat: 5 Times Hold: 5 Seconds</p>

2. Shoulder Stretch

To do a shoulder stretch, sit up straight with your shoulders relaxed. Reach your right arm across your body and place your right hand on your left shoulder. Gently pull your right elbow across your body until you feel a

stretch in your right shoulder. Hold for 10-15 seconds, then repeat on the other side.



3. Chest Stretch

To do a chest stretch, stand up straight with your feet shoulder-width apart. Clasp your hands behind your back, then reach your arms up overhead. Hold for 10-15 seconds, then slowly lower your arms back down.



4. Back Stretch

To do a back stretch, sit up straight with your feet flat on the floor. Place your hands on your lower back, then arch your back and lift your chest up. Hold for 10-15 seconds, then slowly relax back down.



5. Hamstring Stretch

To do a hamstring stretch, stand up straight with your feet shoulder-width apart. Step forward with your right foot and bend your left knee. Keep your right leg straight and reach your left heel toward your right buttock. Hold for 10-15 seconds, then repeat on the other side.



6. Quad Stretch

To do a quad stretch, stand up straight with your feet shoulder-width apart. Bend your right knee and grab your right foot with your right hand. Pull your heel toward your butt until you feel a stretch in your right quad. Hold for 10-15 seconds, then repeat on the other side.



7. Calf Stretch

To do a calf stretch, stand up straight with your feet shoulder-width apart. Step forward with your right foot and bend your left knee. Keep your right leg straight and lean forward until you feel a stretch in your right calf. Hold for 10-15 seconds, then repeat on the other side.



8. Wrist Stretch

To do a wrist stretch, sit up straight with your forearms resting on your desk. Interlace your fingers and turn your palms up. Gently push your hands together until you feel a stretch in your wrists. Hold for 10-15 seconds, then slowly relax back down.



9. Finger Stretch

To do a finger stretch, sit up straight with your hands in front of you. Spread your fingers apart and make a fist. Hold for 10-15 seconds, then slowly open your hands and spread your fingers out. Repeat several times.



10. Eye Stretch

To do an eye stretch, sit up straight with your eyes closed. Gently massage your eyelids with your fingertips for 10-15 seconds. Then, open your eyes and focus on an object about 20 feet away for 10-15 seconds. Repeat several times.



These are just a few of the many simple stretches you can do at your desk to help relieve tension, boost productivity, and improve your overall well-being. Make it a goal to do a few stretches every hour or so, and you'll be amazed at how much better you feel.



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