

Daily Stretches

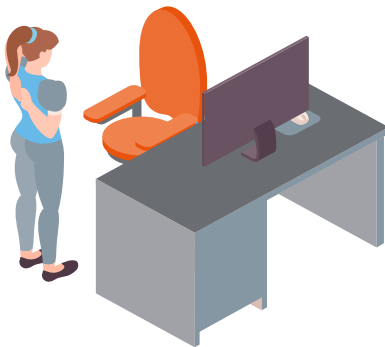
Working regularly from a desk can cause discomfort and a poor posture. Here are a few stretches you can try on a short break to help loosen your joints and cause less strain on your muscles. Make sure you stretch both sides for 15 seconds.



Overhead Arm Stretch **15-count**



Overhead Shoulder Stretch **15-count**



Back Stretch **15-count**



Leg Stretch **15-count**



Squat hold **15-count**



Oblique Stretch **15-count each side**

Did you know?

As young trees grow they absorb CO₂ from the atmosphere.