

# Desk stretches



Since sitting in the same position is not natural for our bodies, we may begin to experience pain or discomfort. To prevent this, we can start doing a short set of easy, almost effortless exercises that strengthen muscles and keep joints flexible. You don't need any equipment; in fact, you don't even need to stand up!

Start by sitting tall and comfortable with both feet touching the ground.

3x  
each  
side



Reach your left arm up and lean over to the side. Repeat the same exercise with your right arm

3x  
each  
side



Bring your hand behind your head, fingers intertwined; rotate to one side with an inhale, come back to center with an exhale

3x  
each  
side



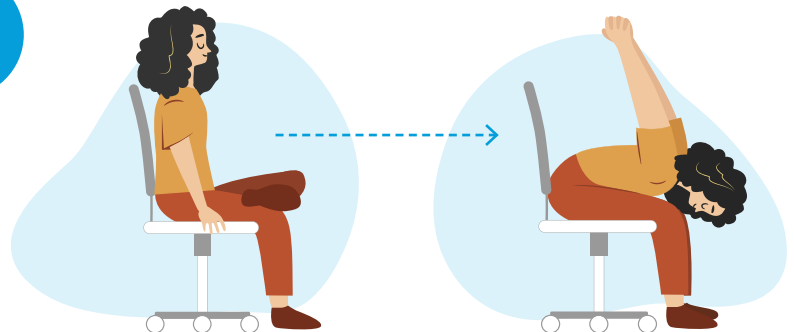
Keeping this position, lean over to one side. Then to the same to the other side.

3x  
each  
side



Bring your arms down. Lift your right arm up and twist your head to the left along the way.

3x  
each  
side



Take your right foot up and cross it over your left knee, if you want to deepen the stretch you can lean forward. Hold that position for at least 5-10s and repeat on the other side.

Check out our tips:

Try to repeat this routine 1-2 times per day.

Try to get up or move in some way every hour, you can even set an alarm.

Don't forget to breathe!

Don't feel embarrassed about other people watching, you may encourage them to move!