

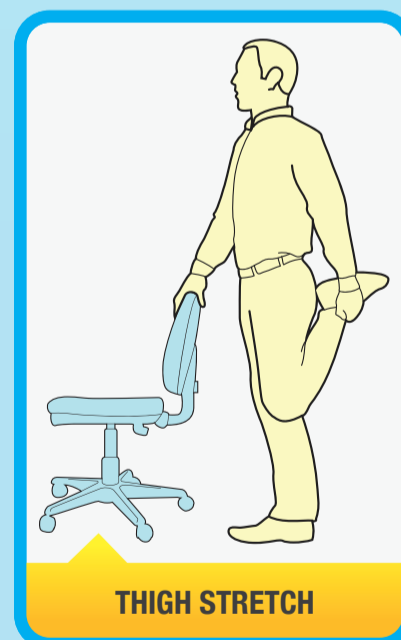
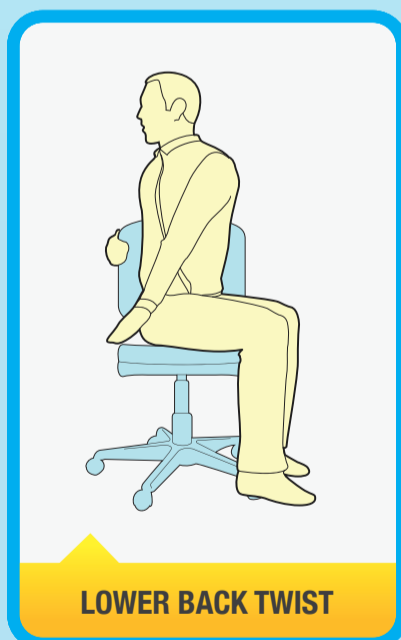
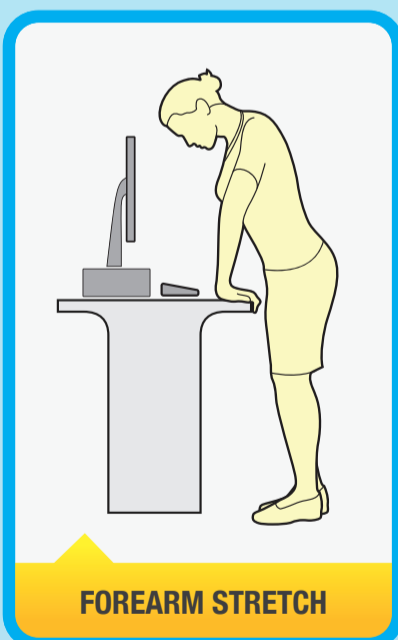
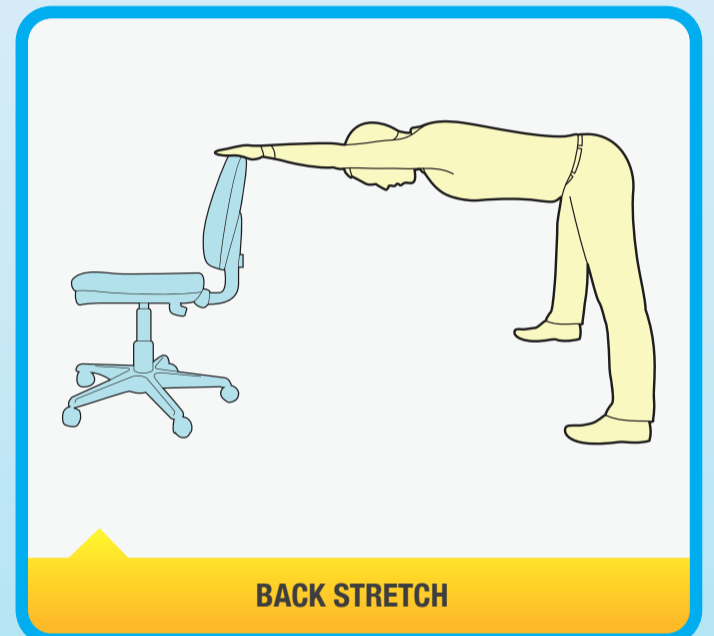
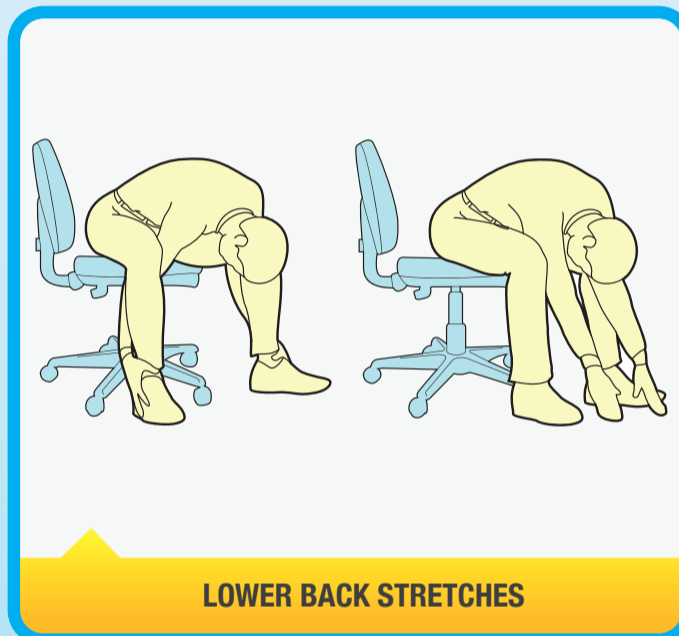
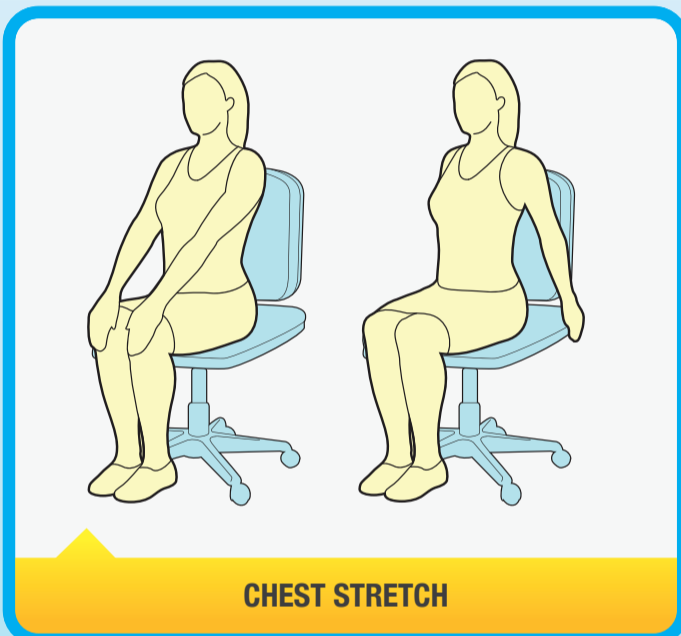
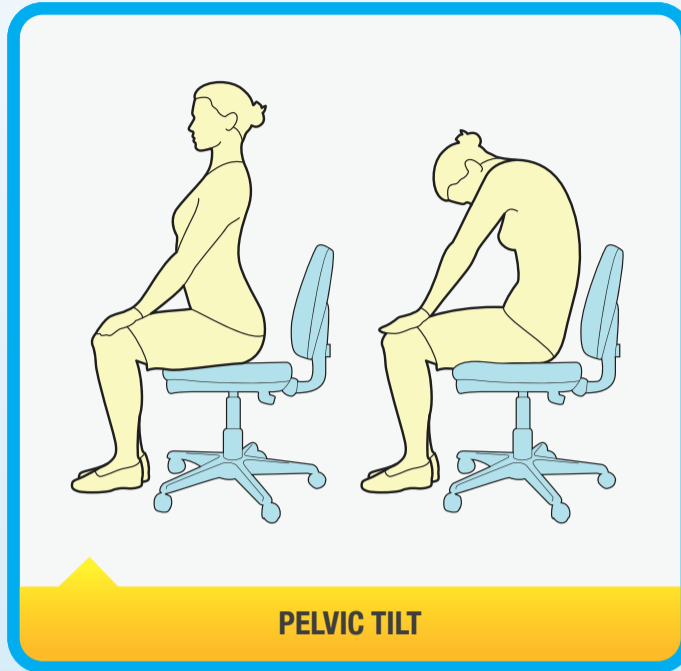
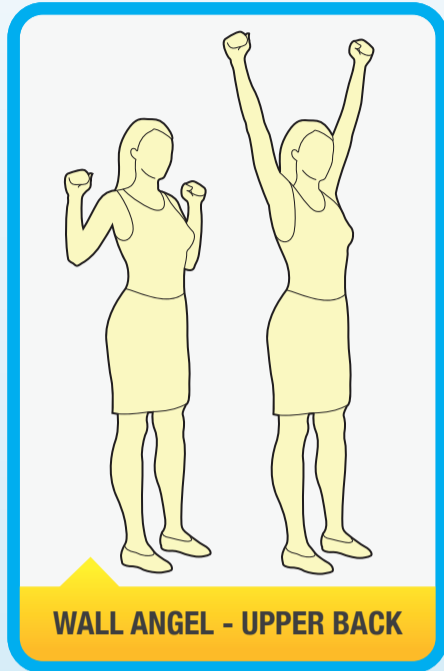
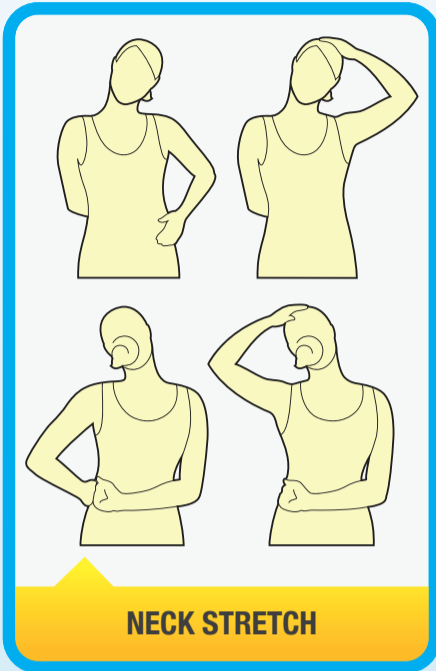


OFFICE STRETCHES



Stretching Guidelines

- Engage the stretch slowly
- Hold for 20-30 seconds
- Repeat the stretch 2-3 times or multiple times throughout the day
- You should not feel pain when stretching



It is important when starting the stretching program to remember the following tips:

1. **Get advice to avoid injury** - Check with your doctor or health professional before stretching if you have an injury, are unsure of how to stretch properly or have had a previous injury.
2. **Hold a sustained stretch for 30 seconds** - Don't bounce when stretching. Overstretching causes muscle to contract and can cause small tears in the muscle.
3. **Only stretch to the point of mild discomfort** - Once your muscle feels comfortable, increase the stretch then hold it again. If it hurts, you're pushing too hard.
4. **Breathe normally when stretching** - Don't try to hold your breath or perform special breathing exercises.
5. **Include stretching in your daily routine** - Gentle stretching can improve your circulation and a steady blood flow helps reduce muscle tension and soreness