

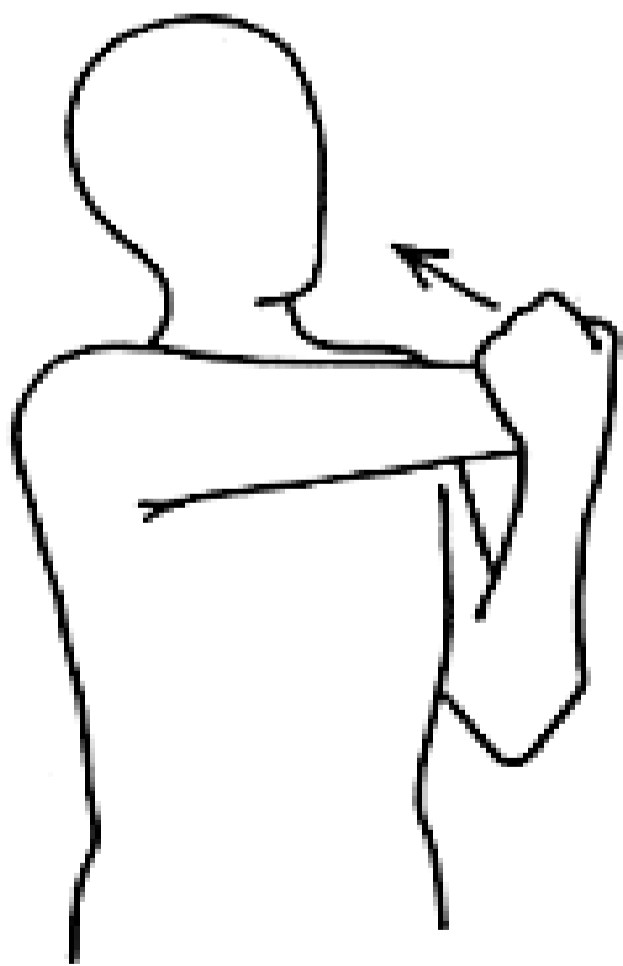
Why Should I STRETCH?

Feeling a little tense, stressed, or just plain old tired? Stretching is a great way to increase your mental alertness and improve your mood.

Stretching at least once an hour at work can give you great benefits

- Reduce muscle tension
- Improve mental alertness
- Improve posture
- Reduce muscle fatigue
- Improve flexibility
- Reduce negative mood affecting hormones

You can try a new stretch
everyday!



Neck Rolls

Wall Sits

Arm Circles

Calf Raises

Side Bends

