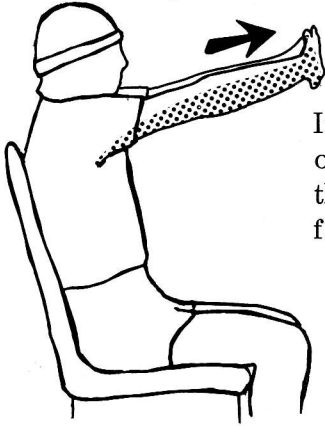


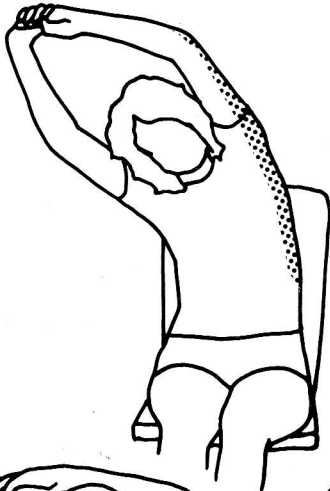
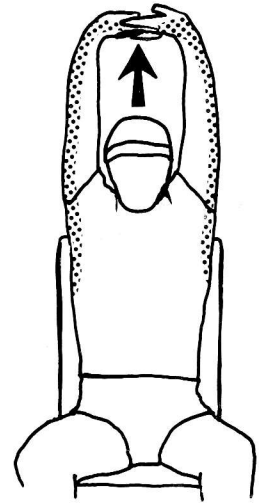
SITTING STRETCHES

Here is a series of stretches you can do while sitting. They are good for people who work at office jobs. You can relieve tension and energize parts of your body that have become stiff from sitting.

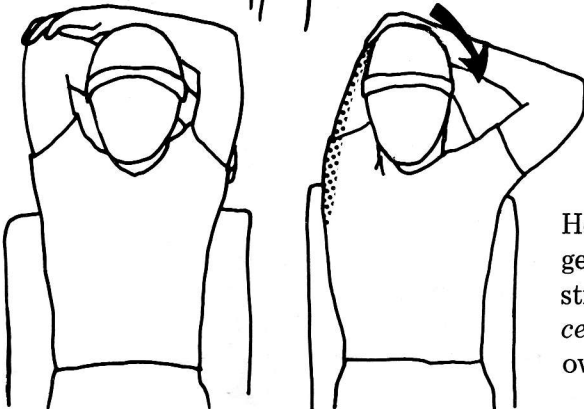


Interlace your fingers, then straighten your arms out in front of you with palms facing out. Feel the stretch in arms and through upper part of back (shoulder blades). Hold stretch for 20 seconds. Do at least twice.

Interlace fingers, then turn palms upward above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through your arms and upper sides of rib cage. Hold only a stretch that feels good. Do three times. Hold for 10 seconds.

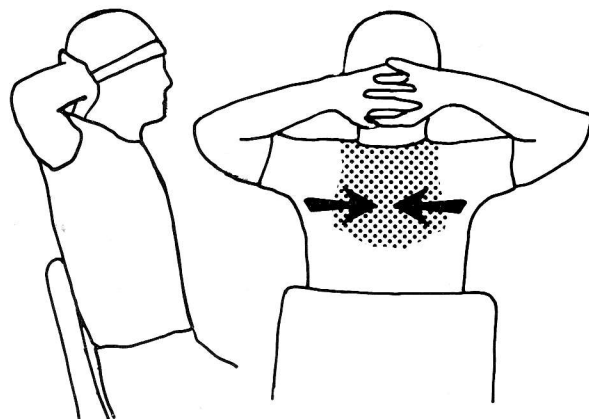


With arms extended overhead, hold on to the outside of your left hand with right hand and pull your left arm to the side. Keep arms as straight as comfortably possible. This will stretch the arm and side of body and shoulder. Hold for 15 seconds. Do both sides.

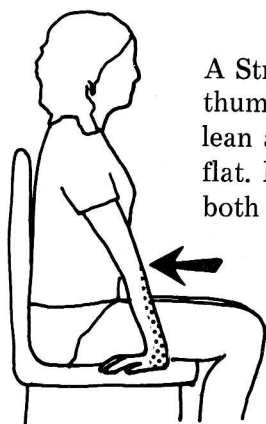
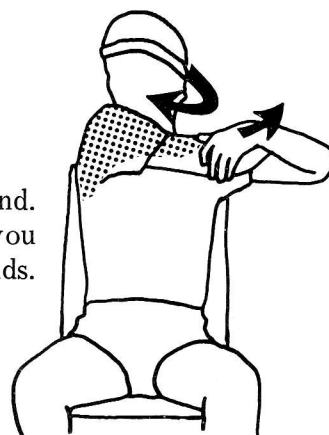


Hold your right elbow with your left hand, then gently pull elbow behind head until an easy tension-stretch is felt in shoulder or back of upper arm (*triceps*). Hold an easy stretch for 30 seconds. Do not overstretch.

With your fingers interlaced behind your head, keep elbows straight out to side with your upper body in a good, aligned position. Now think of pulling your shoulder blades together to create a feeling of tension through upper back and shoulder blades. Hold feeling of releasing tension for 8-10 seconds, then relax. Do several times. This is good to do when shoulders and upper back are tense or tight.



Hold your right arm just above the elbow with your left hand. Now gently pull your elbow toward your left shoulder as you look over your right shoulder. Hold stretch for 10 seconds. Do both sides.

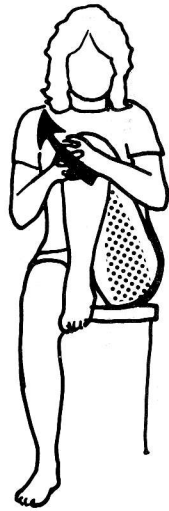


A Stretch for the Forearm: With the palm of your hand flat, thumb to the outside and fingers pointed backward, slowly lean arm back to stretch your forearm. Be sure to keep palms flat. Hold for 35-40 seconds. Do both sides. You can stretch both forearms at the same time, if you wish.

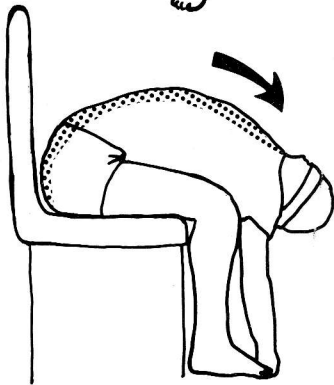
**Sitting Stretches for Ankles,
Side of Hip, and Lower Back:**

Rotate your ankles while sitting, clockwise and then counter-clockwise. Do one ankle at a time, 20-30 revolutions.





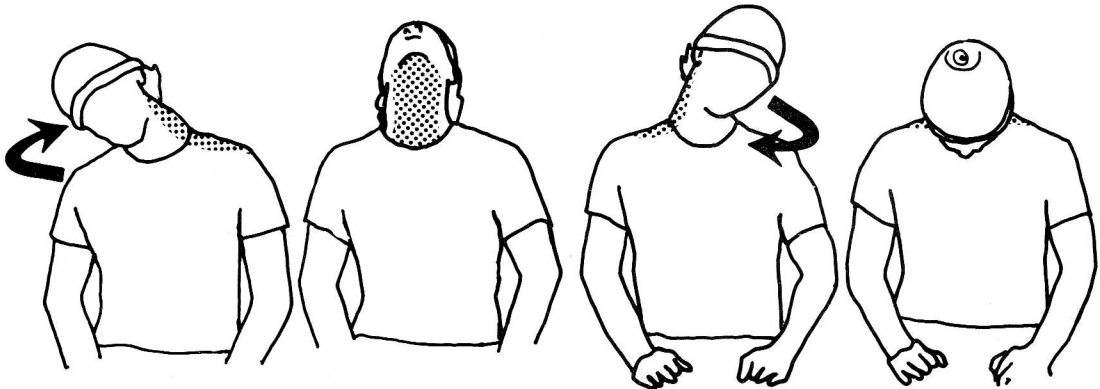
Hold on to your lower left leg just below the knee. Gently pull it toward your chest. To isolate a stretch in the side of your upper leg, use the left arm to pull the bent leg across and toward the opposite shoulder. Hold for 30 seconds at an easy stretch tension. Do both sides.



Lean forward to stretch and to take the pressure off your lower back. Even if you do not feel a stretch, it is still good for circulation. Hold for 45-50 seconds. Put your hands on your thighs to help push your body to an upright position.

Stretches for the Face and Neck:

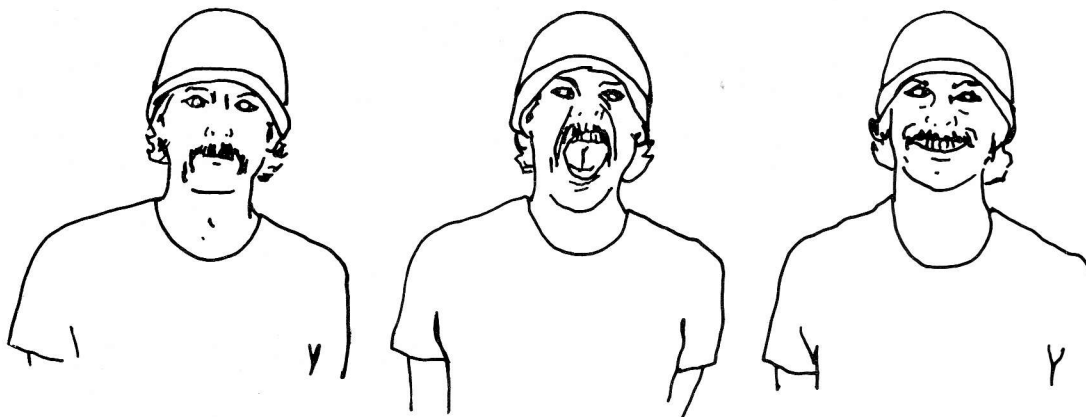
Be very careful with this stretch, especially if you have had any neck (cervical) problems.



Sit in a position that is comfortable. *Very slowly* roll your head around in a full circle as you keep your back straight. While you are rolling your head around slowly you may feel that you should stop and hold a stretch at a particular place that feels tight. Do so, but don't strain. If you are holding a position, be relaxed and the area will gradually loosen up.

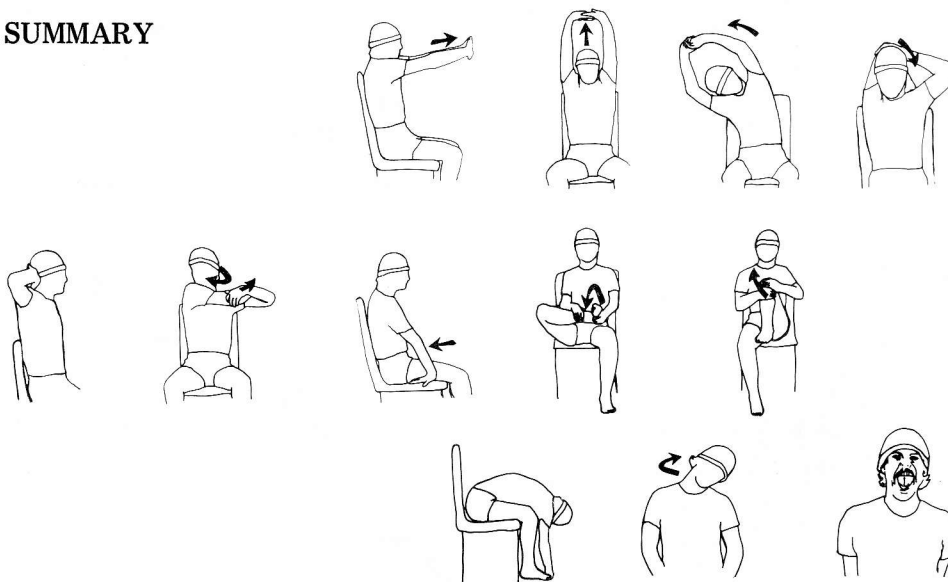
These stretches for your neck will help you sit or stand with better posture when you find you are slouching. See page 183 on sitting.

This stretch may cause people around you to think you are very strange, indeed, but you often find a lot of tension in your face from frowning or squinting because of eye strain.



Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth to stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch 5-10 seconds. Getting the tension out of the muscles in your face will make you smile.

SUMMARY



If you don't have much uninterrupted time available, use short periods of stretching (five minutes) every three or four hours. This will help you to feel consistently good throughout the day.