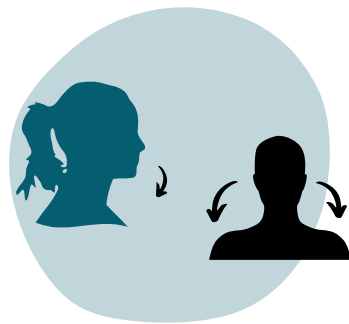


Workplace Stretches

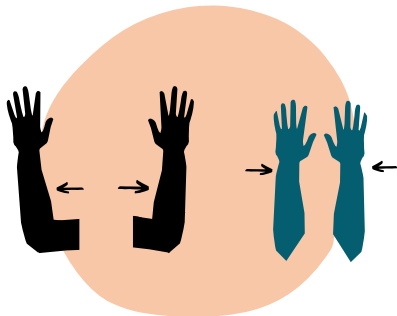
This series of movements can be done in place while you are standing or sitting



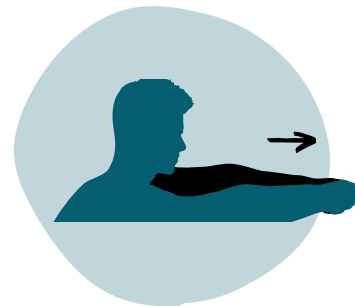
Tilt your head down.
Tilt your head on each side.



Flick your fingers like you are
flinging water off of them.
Repeat.



"Cactus" your arms.
Open and close them
slowly. Repeat.



Interlace your fingers
and stretch your
palms away from you.



Stretch your arms
above your head.