

A top-down view of a white desk with various office supplies. On the left, a portion of a silver laptop is visible. In the top right, there are orange-handled scissors, a yellow Sharpie marker, and a red pen. In the bottom right, there is a spiral-bound notebook, a roll of white tape, and a small box of 'Windex'. Scattered across the bottom half of the desk are several silver paper clips. A large, semi-transparent orange shape, resembling a stylized arrow pointing downwards, is centered on the page, containing the text.

SOS

THE SECRET OFFICE STRETCH
SUITE

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HERE ARE SOME OF THE MOST
EFFECTIVE OFFICE STRETCHES YOU
CAN DO TO AVOID FATIGUE, MUSCLE
TENSION AND EYE STRAIN.

Practise these dynamic stretches holding
each one for 10 - 20 seconds for a minimum
of 5 minutes every hour in the day and
look away from your computer screen
every 20 minutes to rest your eyes.

Adopt the 20 / 20 rule so every 20 minutes
you look at something at least 20 feet away
from you for 20 seconds.



SPINAL TWIST BOTH SIDES

Hold 10 -20 seconds



UPPER BODY AND SHOULDER RELEASE





NECK SIDEWAYS ROTATIONS
repeat 5 x each side holding 10 - 20 seconds



SHOULDER / CHEST OPENING STRETCHES ON THE WALL

Turn away from the arm and hold 10 - 20 seconds



LEG AND SPINE STRETCH
Hold each side 10 - 20 seconds



CHEST AND UPPER BACK STRETCH

Squeeze the shoulder blades together

Hold 10 - 20 seconds



Wrist flexor and hand stretch
Hold 10 - 20 seconds each side



Lateral side stretch
Hold 10 - 20 seconds each side



Upper body stretch
Hold 10 - 20 seconds & repeat



Upper body stretch using a wall
Hold 10 - 20 seconds



Upper back and chest release
Hold 10 - 20 seconds



Lateral neck release

Hold 10 - 20 seconds each side

Repeat this stretch looking down at the floor

The Secret Office Stretch Suite



Hold each stretch 10 - 20 seconds both sides
Rotate the ankles clockwise and anti clockwise
10 - 20 seconds each side