DESK STRETCHES

Prolonged sitting at a desk can result in aches, pains, and even weight gain. Taking a five minute stretching break from studying can help your whole body feel better and promote blood circulation. Next time you’re studying, try some of these stretches every hour!

BACK ARCH
Place hands on lower back, look up at the sky, and lean backward by arching your spine.

NECK BENDER
Relax and drop hands to side, alternating tilting head left and right, holding for 10 seconds on each side.

BACK STRETCH
Lock fingers, straighten arms, and push out so that palms are facing upward and above head.

LEG LIFTS
Straighten back and lift legs at a 90° angle to your core. Do this motion 10 times.

SHOULDER ROLLS
Drop arms to side, lift and rotate shoulders back for at least ten rotations. Then rotate forwards for the same count.

EYE BREAK
Take a visual rest by staring at an object 20 feet away for 30 seconds. This will allow both your eyes and brain to refocus.