

## Eye Exercises

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### Eye Comfort Exercises

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- Blinking (produces tears to help moisten and lubricate the eyes).
- Yawning (produces tears to help moisten and lubricate the eyes).
- Expose eyes to natural light.

### Eye Movements

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- Close eyes.
- Slowly and gently move eyes up to the ceiling, then slowly down to the floor.
- Repeat 3 times.
- Close eyes.
- Slowly and gently move eyes to the left, then slowly to the right.
- Repeat 3 times.

### Focus Change

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- Hold one finger a few inches away from the eye.
- Focus on the finger.
- Slowly move the finger away.
- Focus far into the distance and then back to the finger.
- Slowly bring the finger back to within a few inches of the eye.
- Focus on something more than 8 feet away.
- Repeat 3 times

## Musculoskeletal Exercises

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### Deep Breathing

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- While standing, or in an otherwise relaxed position.
- Place one hand on the abdomen and one on the chest.
- Inhale slowly through the nose.
- Hold for 4 seconds.
- Exhale slowly through the mouth.
- Repeat.

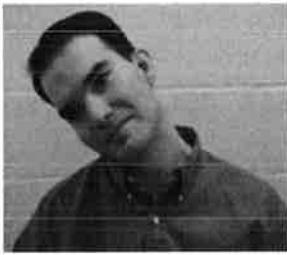
### Cable Stretch

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- While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling your head upward.
- Hold for 3 seconds and relax.
- Repeat 3 times.

### Side Bend: Neck Stretch

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- Tilt head to one side (ear towards shoulder).
- Hold for 15 seconds.
- Relax.
- Repeat 3 times on each side.

### Diagonal Neck Stretch

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- Turn head slightly and then look down as if looking in your pocket.
- Hold for 15 seconds.
- Relax.
- Repeat 3 times on each side.

### Shoulder Shrug

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- Slowly bring shoulders up to the ears and hold for approximately 3 seconds.
- Rotate shoulders back and down.
- Repeat 10 times.

### Executive Stretch

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- While sitting, lock hands behind head.

- Bring elbows back as far as possible.
- Inhale deeply while leaning back and stretching.
- Hold for 20 seconds.
- Exhale and relax.
- Repeat 1 time.

### Foot Rotation

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- While sitting, slowly rotate each foot from the ankle.
- Rotate 3 times in one direction, then 3 times in the opposite direction.
- Relax.
- Repeat 1 time.

### Wrist Stretch

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- Hold arm straight out in front of you.
- Pull the hand backwards with the other hand, then pull downward.
- Hold for 20 seconds.
- Relax.
- Repeat 3 times each.



## Warming Up For Work

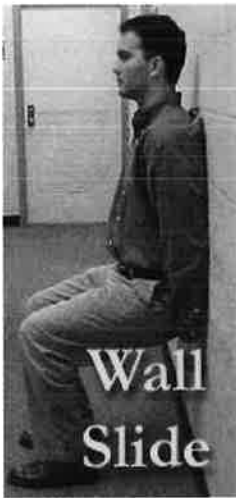
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Just as an athlete prepares before playing a sport, you too should prepare before work to help prevent back injuries. These slow stretches help prevent back injuries and make your muscles more flexible. Hold each position for 20 seconds and repeat 3 times before work.



## Wall Slide

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This exercise strengthens your back and leg muscles:

- Stand with your back against a wall and your feet slightly apart.
- Slide into a half-sit. Hold as long as you can; slide back up.
- Repeat 5 times.

## Proper Rest

The best position for resting the back muscles is lying on your back on your living room floor with a pillow under your knees and a rolled up towel under your neck. You can also lie on your side in the fetal position—bend the knees to reduce strain on the lower back and put a pillow between your knees, and under your head and neck to keep them level.





## Wellness Committee Ideas

Stretching at your desk recommendations

Video of stretching exercises to post on Dispatch

<https://youtu.be/YdAWmchyuPU>

<https://youtu.be/CAq9vV7gkrs>

<https://youtu.be/nF1fv-jlgbI>

<https://youtu.be/DOY30-u2Eas>

<https://youtu.be/EAWVqB04aBg>

<https://youtu.be/vE1idGTZOIY>

## 9 Desk Stretches for People Who Sit All Day

Like millions of people around the world, you might have a job in which you sit most of the day. Those who spend hours in one position may find their bodies starting to ache, and their posture worsening. While there are many ergonomic chairs that can help prevent such aches, stretching is an easy, cost-effective way to loosen your muscles throughout the day.

Stretching also comes with a few benefits that you might not know about. Read on to learn about how stretching can positively impact your work life, and which exercises you can do at your desk.

### **Stretching will refresh you.**

Even though stretching takes time away from work, it can actually improve productivity in the long run. This is because it's good to take small breaks throughout the day in order to revitalize your mind.

## **Stretching makes you less tired.**

We all suffer from the post-lunch drowsiness. But good news: there is a cure (that's not coffee)! Stretching increases blood flow to tight joints and muscles, something that also occurs while working out. In the past, exercising was thought to make a person more tired, but today we know that the opposite is true. Therefore, stretching can put a little pep in your step when you're feeling drowsy.

## **Stretching feels good.**

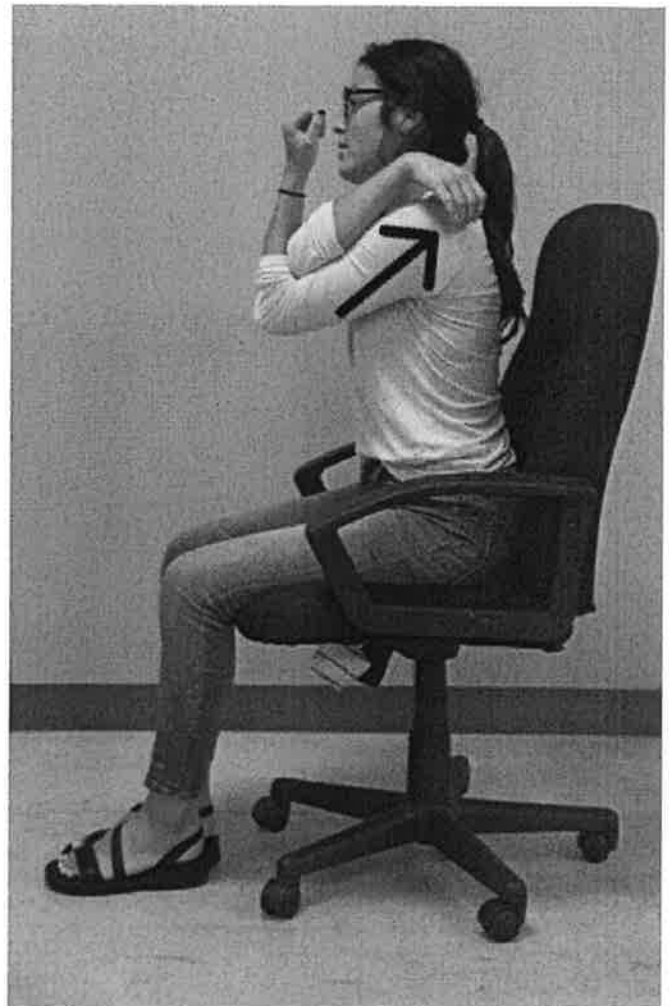
There is no doubt that the less flexible people of the world may find the act of stretching to be uncomfortable. But, after stretching various muscles, your body typically *feels* better. We also do not advise stretching to the point of extreme discomfort. You especially need to be careful when stretching in the office because you are loosening cold muscles, which are more susceptible to injuring than those that are warm.

## **9 Desk Stretches for the Work Day**

### **1. The One Arm Hug**

Take one arm across your body and place it on the back of your opposite shoulder. To get a deeper stretch, use your other arm to push back on the elbow. You should feel this stretch on the outside of your arm and shoulder. Hold for 30 seconds, repeat 2-3 times each arm.

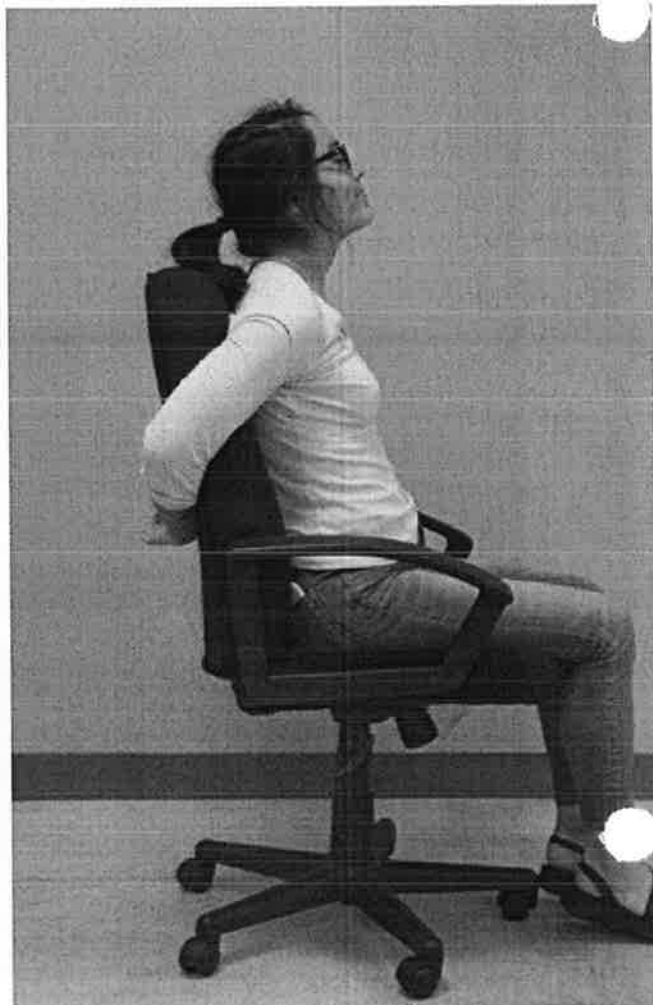




## 2. Office Chair Back Stretch

While sitting, reach both hands behind your back and around the office chair. One you have a good hold, arch your back and move your chest forward. Hold each stretch for

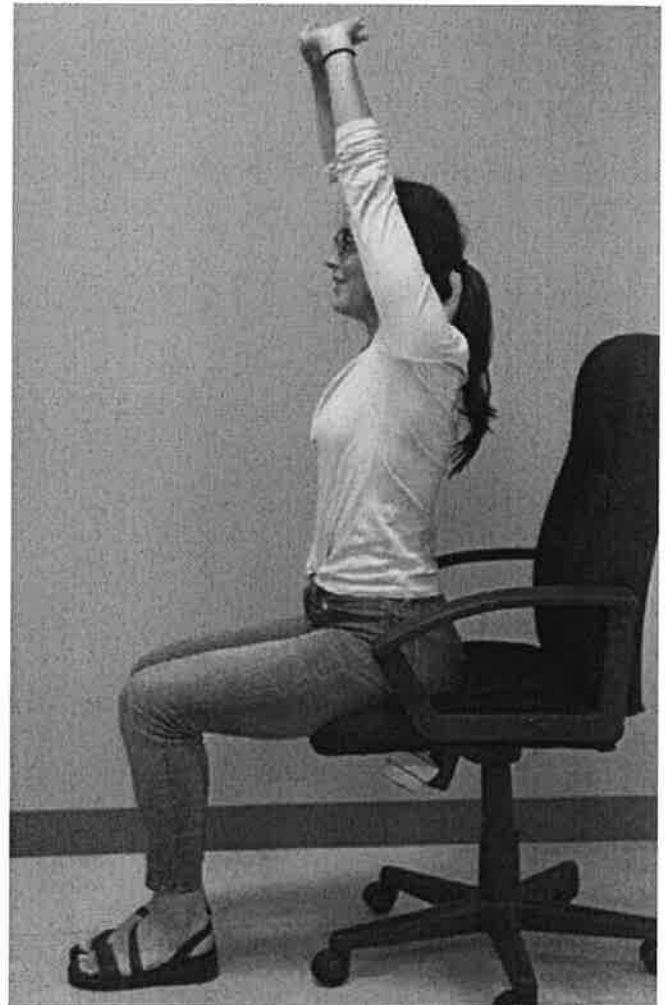
30 seconds and repeat 5 times.



### 3. Reach for the Sky

To stretch your back, interlock both hands above your head, palms facing the ceiling. Sit straight up, then push your palms upward and elongate your spine. You should feel a nice stretch in your back. Make sure to keep your shoulders loose and relaxed. Hold for

10 seconds, repeat 5 times.



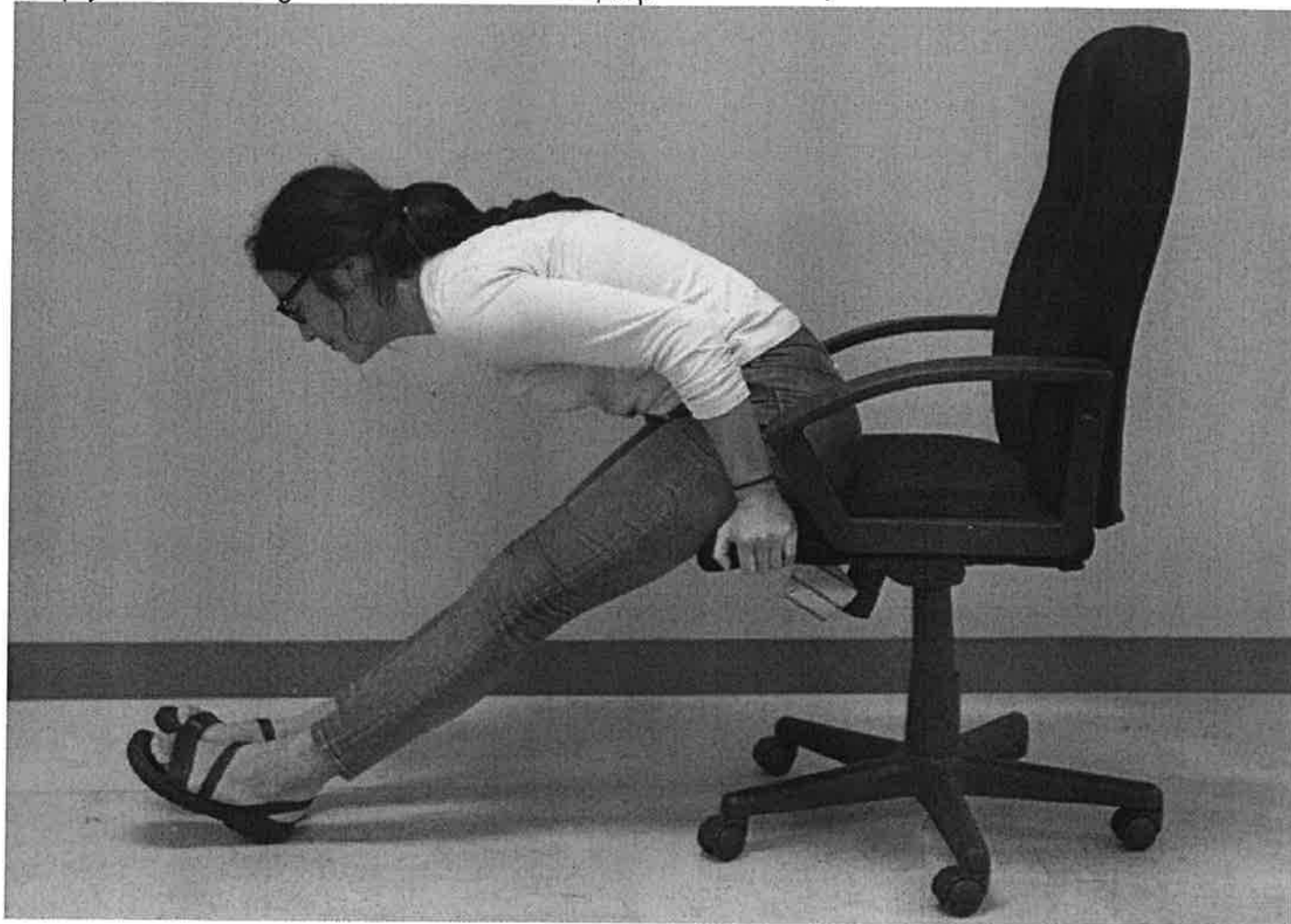
#### 4. Calf Raises

Take a break from sitting, stand up and try 20 calf raises. Keep your legs straight and raise yourself by rolling up onto the ball of your foot while tightening your calf.



**5. Hamstring Chair Stretch**

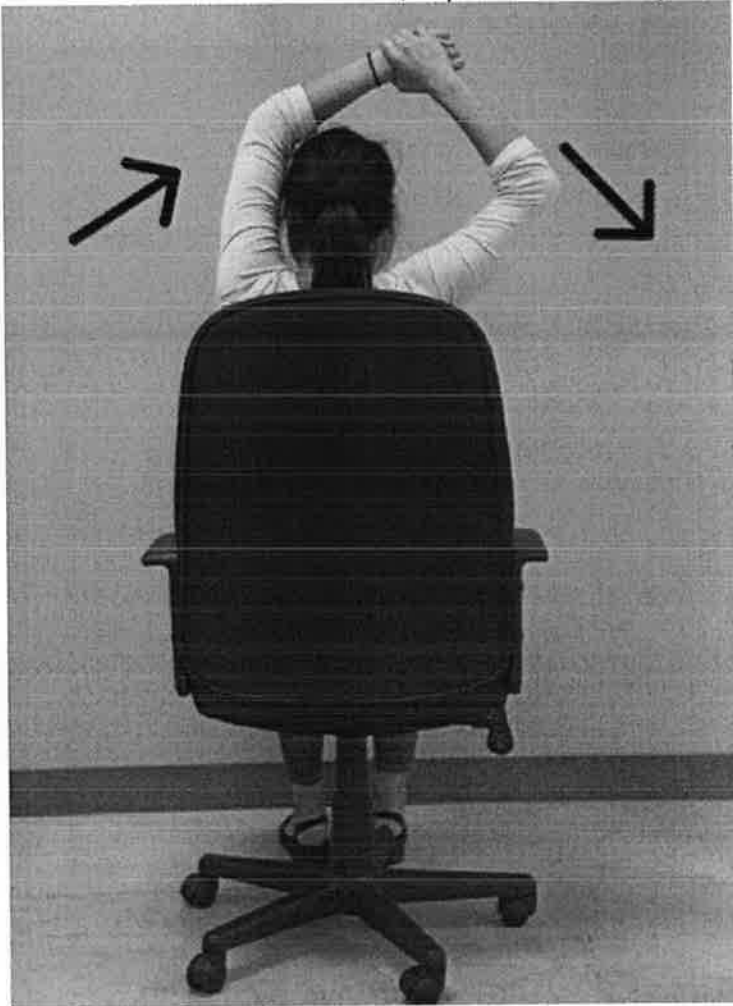
While sitting, straighten your legs and fold your body towards your toes. Make sure to keep your back straight. Hold for 30 seconds, repeat 3-5 times.



## 6. Seated Lat Stretch

To get a nice lat stretch, raise one arm above your head and bend it slightly across your body. Grab your wrist with the opposite arm and gently tug down to get a deeper

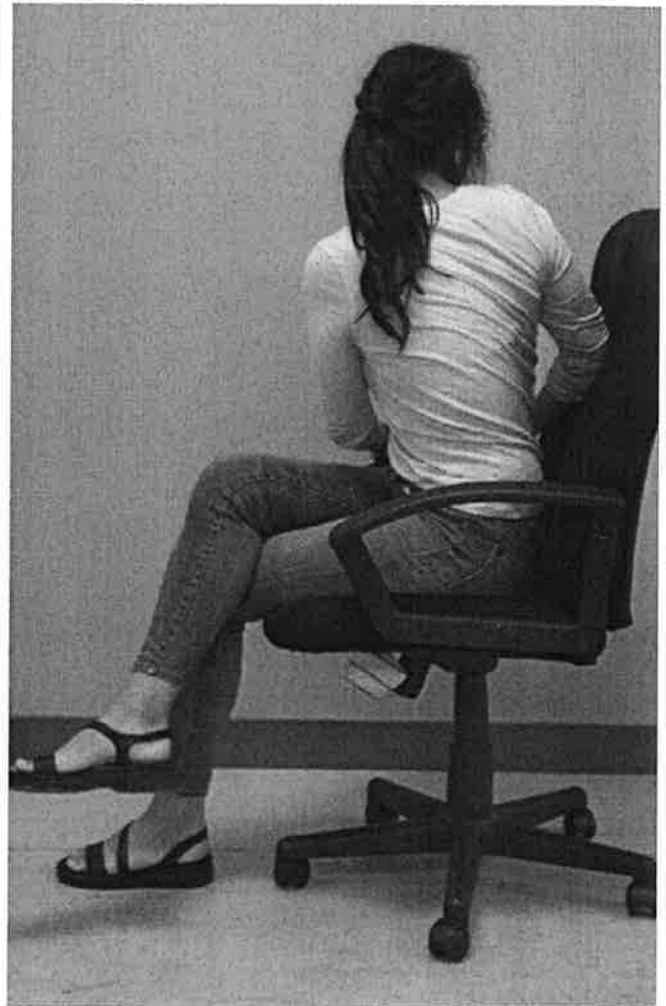
stretch. Hold for 30 seconds, repeat 3-5 times per arm.



## 7. Seated Spine Twist

Cross one leg over the other, then twist your body toward the leg that is on top. You can use the arm of the chair to push yourself into a deeper twist if need be. Hold for 30

seconds, repeat 3 times each side.



## 8. Seated Tricep Stretch

Put one arm up and bend your elbow so that the under side of your arm is facing outward. Next, use your opposite arm to push your elbow backwards so that you feel a



stretch in your triceps. Hold for 30 seconds, repeat 3-5 times per arm.

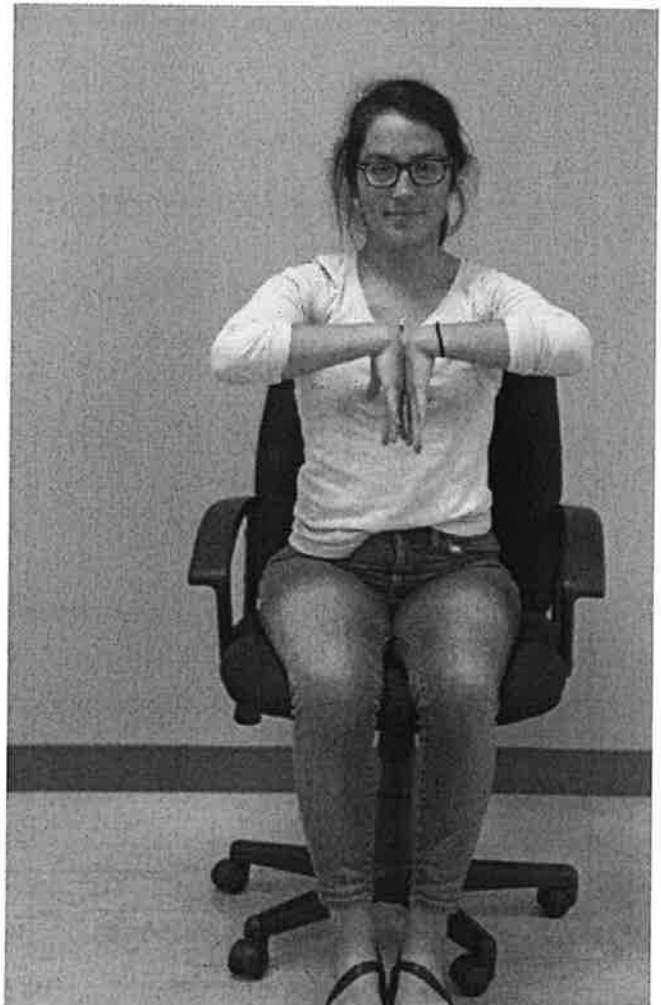


## 9. Wrist Stretch

Press your palms together in front of your chest and hold for 15 seconds. Next, push the backs of your hands together for a reverse stretch and hold for another 15 seconds.



Repeat 5 times.



*Note: these stretches are merely recommendations. If you feel pain, stop and contact a medical professional.*

We can do a general stretching presentation and also we can have a series of presentations each week concentrating on a particular area of the body.

For example Upper Body, Knee pain, Back, Hamstring,

<https://youtu.be/wk415c9Jpis> Knee

## **The 12 Best Stretching Exercises at Your Desk**

### **1. Just stand up and sit down -- no hands**

- You might have gotten a gold star in preschool for sitting still, but it just goes to show you (best sellers notwithstanding) that not all of us learned everything we need to know in kindergarten. "If you stand up and sit down (over and over) -- without using your hands -- it can be a challenge," says Smith. "Do it while you're on the phone; no one will know."

### **2. Substitute exercise for sitting -- while you work**

- Get rid of your desk chair and substitute an exercise ball, suggests Smith. "I used it for a while when I was having low-back problems; it was great," Smith says. "All day you are engaging all the muscles in the back, legs, butt, everything, to stay balanced."
- Hame knows one man who put a treadmill in his office and conducted all his business while walking. (He lost weight, too, Hame says.)

### **3. Shrug your shoulders -- to release the neck and shoulders**

- Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release and drop. Repeat three times.
- Shake your head slowly, yes and no. You might as well amuse yourself while you do it to relax even further. Ask yourself silly questions: "Is your boss an idiot?" Move your head up and

down, "Yes, yes, yes." Side to side: "No. No. No." (Shedding tension is as much mental as physical.)

**4. Loosen the hands with air circles**

- Clench both fists, stretching both hands out in front of you.
- Make circles in the air, first in one direction, to the count of ten.
- Then reverse the circles.
- Shake out the hands.

**5. Point your fingers -- good for hands, wrist, and forearms**

- Stretch your left hand out in front of you, pointing fingers toward the floor. Use your right hand to increase the stretch, pushing your fingers down and toward the body. Be gentle.
- Do the same with the other hand.
- Now stretch your left hand out straight in front, wrist bent, with fingers pointing skyward. Use your right hand to increase the stretch, pulling the fingers back toward your body.
- Do the same on the other side.

**6. Release the upper body with a torso twist**

- Inhale and as you exhale, turn to the right and grab the back of your chair with your right hand, and grab the arm of the chair with your left.
- With eyes level, use your grasp on the chair to help twist your torso around as far to the back of the room as possible. Hold the twist and let your eyes continue the stretch -- see how far around the room you can peer.
- Slowly come back to facing forward.
- Repeat on the other side.

**7. Do leg extensions -- work the abs and legs**

- Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor.
- Flex and point your toes five times. Release.
- Repeat.

**8. Stretch your back with a "big hug"**

- Hug your body, placing the right hand on your left shoulder and the left hand on your right shoulder.
- Breathe in and out, releasing the area between your shoulder blades.

**9. Cross your arms -- for the shoulders and upper back**

- Extend one arm out straight in front of you. With the other hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles.
  - Hold. Release.
  - Stretch out the other arm in front of you -- repeat.
10. **Stretch your back and shoulders with a "leg hug"**
- Sit on the edge of your chair (if it has wheels, wedge the chair against the desk or wall to make sure it does not roll). Put your feet together, flat on the floor.
  - Lean over, chest to **knees**, letting your arms dangle loosely to the floor. Release your neck.
  - Now bring your hands behind your legs, right hand grasping left wrist, forearm (or elbow if you can reach that far), left hand grasping the right. Feel the stretch in your back, shoulders and neck. Hold.
  - Release your hands to the floor again.
  - Repeat three times or as often as it feels good.
11. **Look up to release upper body**
- Sit up tall in your chair, or stand up. Stretch your arms overhead and interlock your fingers.
  - Turn the palms to the ceiling as you lift your chin up, tilt your head back, and gaze up at the ceiling, too.
  - Inhale, exhale, release.
12. **Substitute walks for email -- and don't eat at your desk**
- Instead of emailing a colleague "and copying 25 people who don't want to be copied anyway," Smith says, "walk over to the colleague you really want to talk to."

Instead of a lunch meeting at your desk, walk together to a neighborhood sandwich shop. "Talk while you walk -- it's more efficient and productive," Smith says. "You're getting more oxygen to the **brain**, you have no distractions, and you're more likely to remember what is said."