SD63 EMPLOYEE WELLNESS PLAN

DESK STRETCHING:

1. NECK ROTATION & SIDE BENDING

2. SHOULDER HINGES

3. SEATED FIGURE 4 STRETCH

4. SEATED ROTATION
5. SEATED HAMSTRING STRETCH

6. SEATED HIP FLEXOR STRETCH

TIPS ON STAYING ACTIVE WHILE WORKING AT A DESK

- WHEN POSSIBLE HAVE YOUR PRINTER/COPIER/FAX/WATER COOLER FATHER FROM YOUR DESK SO YOU HAVE TO GET UP AND WALK MULTIPLE TIMES PER DAY

- SET A REMINDER ON YOUR CALENDAR/PHONE FOR POSTURE OR A MOVEMENT BREAK. EVEN IF IT’S JUST TO STRAIGHTEN YOUR SHOULDERS!

- KEEP YOUR WATER ON YOUR DESK (AND USE A STRAW) IF YOU KEEP IT ACCESSIBLE YOU’RE MORE LIKELY TO DRINK IT

- DON’T SIT CROSS-LEGGED. TRY TO BE CONSCIOUS OF KEEPING YOUR KNEES AND ANKLES UNCROSSED. YOUR HIPS AND BACK WILL THANK YOUR FOR IT.