

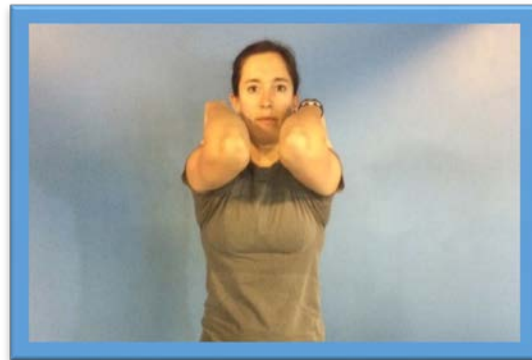
SD63 EMPLOYEE WELLNESS PLAN

DESK STRETCHING:

1. NECK ROTATION & SIDE BENDING



2. SHOULDER HINGES



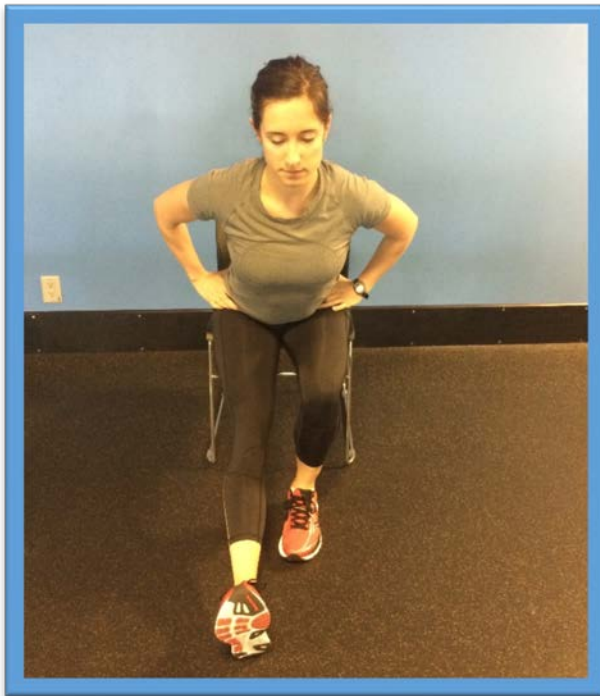
3. SEATED FIGURE 4 STRETCH



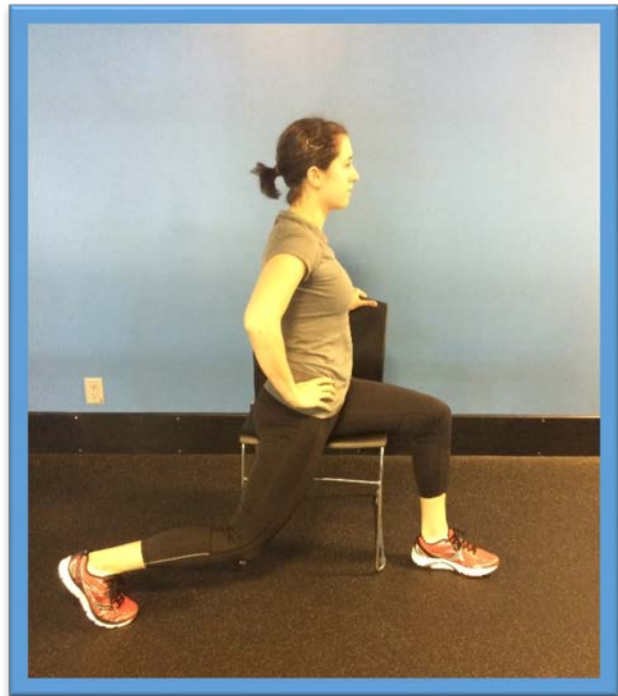
4. SEATED ROTATION



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.

