



## Workstation Exercises

### A. Shoulder Stretch

Push your shoulders backwards, then up towards your ears, then forward to make circles. Repeat 3 to 5 times. Do it again in the other direction.



### B. Neck Rolls

Touch your chin to chest. Slide your chin from shoulder to shoulder until you feel looser.



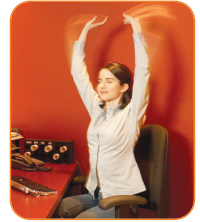
### C. Finger Fan

Spread the fingers of both hands wide. Hold for 5 seconds, then relax. Repeat 3 times.



### D. Tall Stretch

Reach up as high as you can 3 times, first with one hand and then with the other or do both hands at the same time.



### E. Squeeze a Ball

Squeeze a foam ball 5 to 10 times. Put the ball down and stretch your fingers.



### F. Arm Circles

Extend your arms straight out and move them slowly around in smaller to larger circles, forward then backward. Do this several times.

