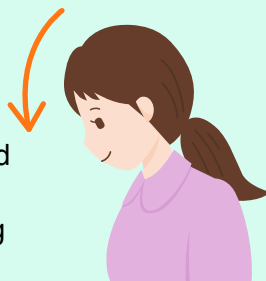


Stretching Exercises in the Office

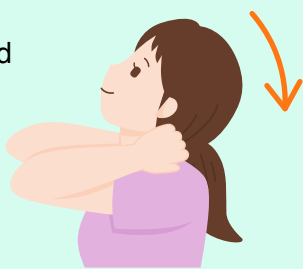


Neck – Looking Up and Down

1 Draw your chin towards the neck and lower your head. Return to the starting position.



2 Put both hands behind your neck. Keep your head in the midpoint and slightly lean backward. Return to the starting position.



(Note: avoid leaning the head backward excessively)

Waist and Back – Waist Extension

Look forward. Draw your chin towards the neck. Put both hands on the back of your waist. Push your pelvis and waist slightly forward. Keep your neck and upper body upright. Return to the starting position.

(Note: avoid leaning the neck and waist backward excessively)



Doing stretching exercises for a few minutes after working continuously for 45 to 60 minutes help to relieve joint fatigue and reduce stress.