

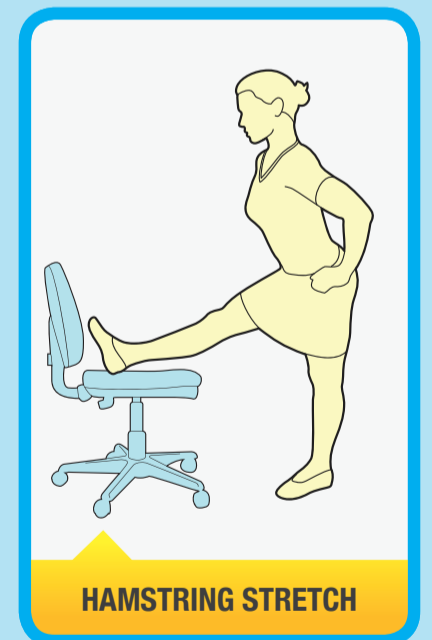
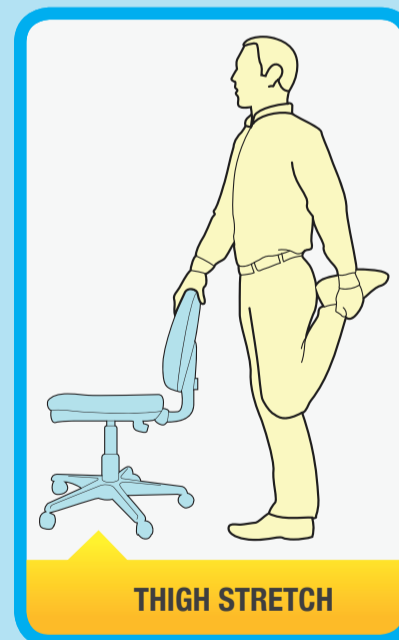
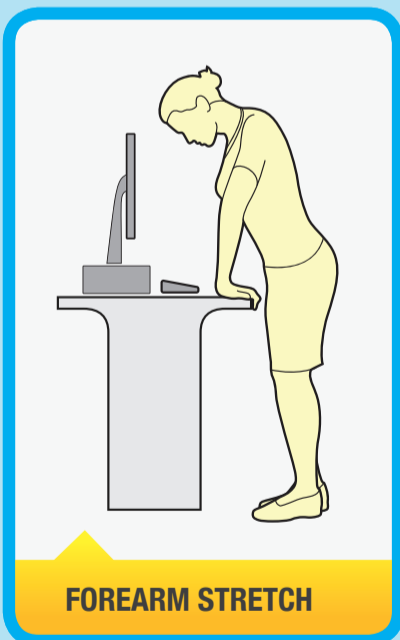
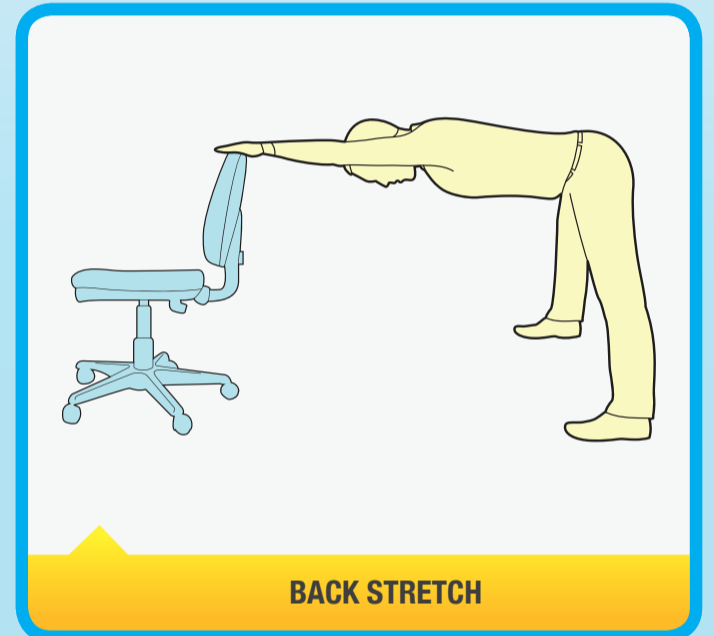
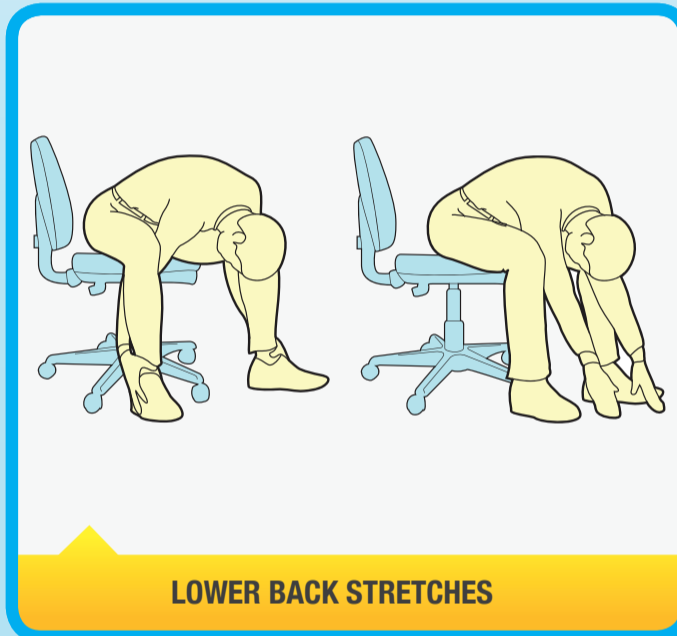
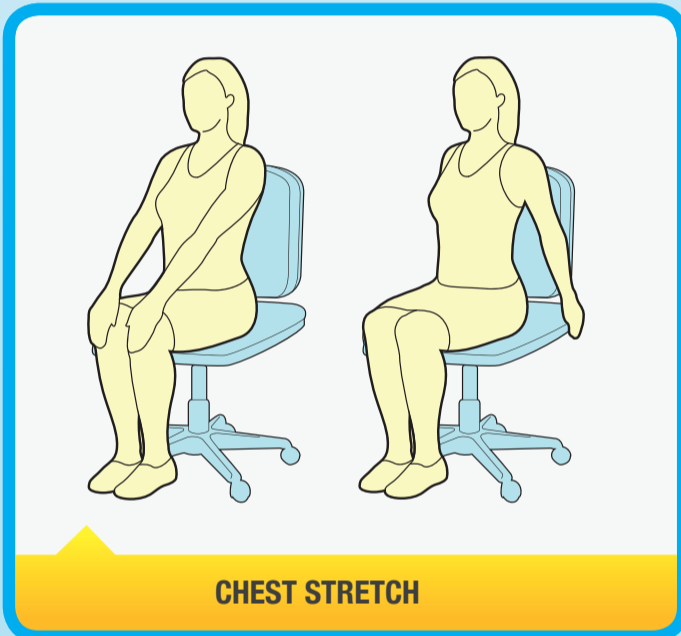
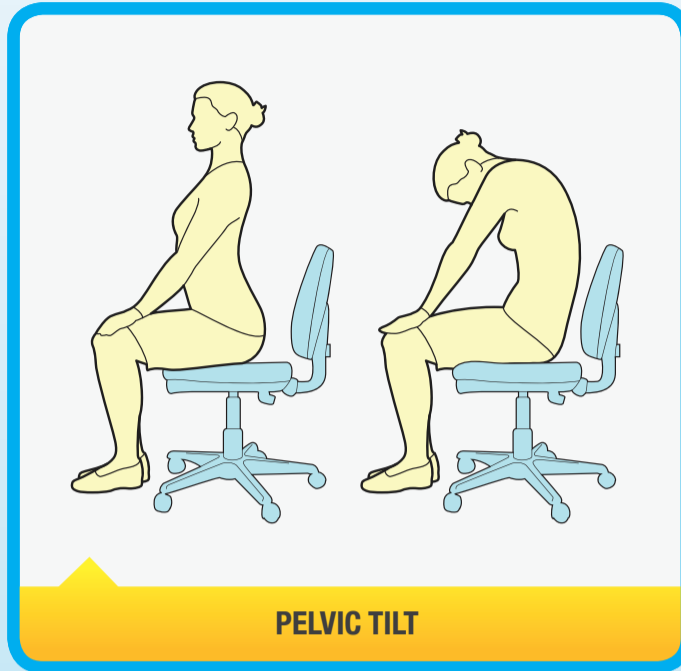
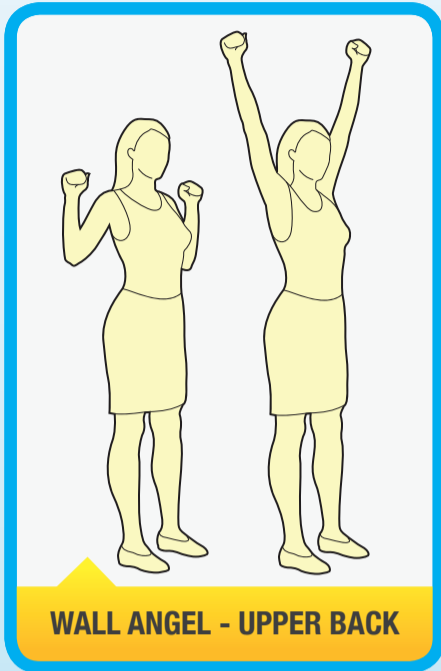
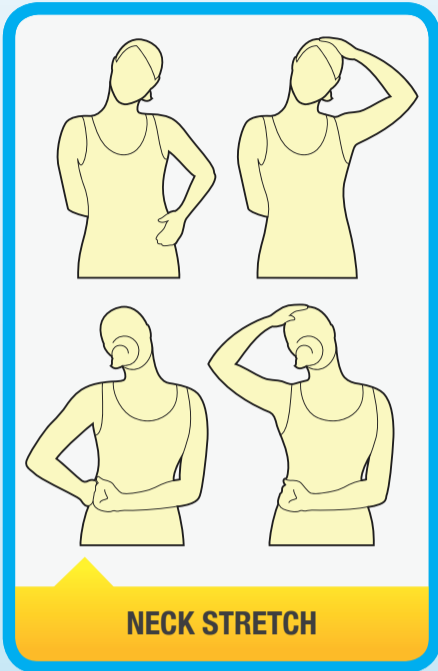


# OFFICE STRETCHES



## Stretching Guidelines

- Engage the stretch slowly
- Hold for 20-30 seconds
- Repeat the stretch 2-3 times or multiple times throughout the day
- You should not feel pain when stretching



*It is important when starting the stretching program to remember the following tips:*

- 1. Get advice to avoid injury** - Check with your doctor or health professional before stretching if you have an injury, are unsure of how to stretch properly or have had a previous injury.
- 2. Hold a sustained stretch for 30 seconds** - Don't bounce when stretching. Overstretching causes muscle to contract and can cause small tears in the muscle.
- 3. Only stretch to the point of mild discomfort** - Once your muscle feels comfortable, increase the stretch then hold it again. If it hurts, you're pushing too hard.
- 4. Breathe normally when stretching** - Don't try to hold your breath or perform special breathing exercises.
- 5. Include stretching in your daily routine** - Gentle stretching can improve your circulation and a steady blood flow helps reduce muscle tension and soreness

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