



Get Fit. **Life Tip.**

## Daily Stretches During Your Workday

We all know what working and sitting at a desk all day can cause havoc on our body. Many of the every day aches, pain and tightness in our joints are results of being sedentary for long periods of time. Stretching is a great way to loosen up tight muscles and help our body feel refreshed to conquer the rest of the day.

Try these simple stretches throughout your work day. Hold each stretch for 15-30 seconds and repeat 3-5 times daily.

**Chest stretch** – while standing put your right forearm and hand palm side flat against a corner wall and twist your body against (leaning into) the wall to get a stretch in your chest. Repeat on other arm.

**Rhomboid Stretch** – while standing clasp your hands behind your lower back while pinching your shoulder blades together.

**Upper back, neck, scapula stretch** – while standing put your hands behind your head and squeeze your back together.

**Neck Stretch** – lower your right ear to your right shoulder; use your right hand for guidance and have your left palm pushing toward the floor. Repeat on left side.

**Hip Flexor** – while standing put one leg in front of the other (split lunge) and lean back against the front leg. Repeat with the opposite leg forward.

**Wrists and ankles** – make a circular motion with your wrists and ankles; be sure to go in both directions.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

*Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.*

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