

Give flextime a whole new meaning

You can reenergize with simple stretches at work

Stretching is a great source of relaxation for stiff, sore muscles and can also help reduce tension and stress. You don't have to be a star athlete or in great shape to do stretching exercises. All you need is a little time and motivation and, before you know it, stretching will become a way of life.

Remember that stretching should not be painful—it should feel good. Just stretch to the point of tension and hold. And always consult your physician before starting any new exercise program, especially if you have been inactive or are recovering from surgery.

Exercise at your desk

Perform the **Exercise at Your Desk** program's stretches either alone or in a group each day. Practice good form and remember to relax and continue breathing while you stretch. Performing these stretching exercises can help you:


- Reduce stress and tension
- Ease anxiety
- Relax
- Increase your alertness
- Enhance flexibility and reduce injury
- Improve circulation

In just ten minutes a day, you'll be on your way to a flexible new you!



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Exercise at Your Desk can help you achieve a whole new level of flexibility and productivity.

Time to Flex

Stretches you can do:

Head tilt

Sit all the way back in your chair. With your head aligned with your body, slowly push your right ear toward your right shoulder. Hold for five seconds. Tilt your head left and hold. Repeat three times on each side.

Chin tuck

Slowly tilt your head forward to stretch the muscles in the back of your neck. Hold for 10 seconds. Repeat three times.

Shoulder pull

Place your arm across your chest with your opposite hand on your elbow. Gently pull your elbow toward your opposite shoulder. Hold for 10 seconds. Repeat on the opposite side. Repeat two times.

Hands behind head

With your fingers interlaced behind your head, your elbows straight out to the sides and your upper body aligned, pull your shoulder blades toward each other and hold for 10 seconds. Repeat three times.

Back scratch

Reach your left hand between your shoulder blades until a stretch is felt in the back of your upper arm. Hold for 10 seconds. Change arms and repeat two times.

Overhead stretch/front stretch

Interlace your fingers with your palms turned upwards above your head while straightening your arms. Hold for 10 seconds. Lower your arms to the front, parallel with the floor, your fingers laced with your palms facing away from you. Stretch at shoulder level for 10 seconds. Repeat.

Shoulder rolls

Slowly roll your shoulders backward in big circles five times; repeat with rolls to the front five times.

Chest stretch

Stand by your chair. Clasp your hands behind your back with your elbows turned inward. Raise your arms toward the ceiling. Hold for 10 seconds. Repeat three times.

Stretch those fingers and visit [Blue Access®](https://www.bcbsil.com) for Members at www.bcbsil.com for more stretching programs and tips from wellness experts.

