

Exercise at your desk



You can perform **Exercise at Your Desk** stretches alone or with a group—just set aside time each day in the morning to do upper body stretches and in the afternoon to complete stretches for your lower body. Each stretching session should take no more than five minutes.

Keep good form, relax and continue to breathe while you stretch

Morning Stretches – neck, shoulders and chest

Afternoon Stretches – back, hands and legs

Tracking Log

Week 1	morning	afternoon	Week 2	morning	afternoon
Monday	<input type="radio"/>	<input type="radio"/>	Monday	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	Tuesday	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	Wednesday	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	Thursday	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	Friday	<input type="radio"/>	<input type="radio"/>
Week 3	morning	afternoon	Week 4	morning	afternoon
Monday	<input type="radio"/>	<input type="radio"/>	Monday	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	Tuesday	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	Wednesday	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	Thursday	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	Friday	<input type="radio"/>	<input type="radio"/>



**BlueCross BlueShield
of Illinois**