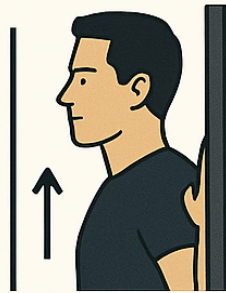


5-Minute Office Stretch & Mobility Routine



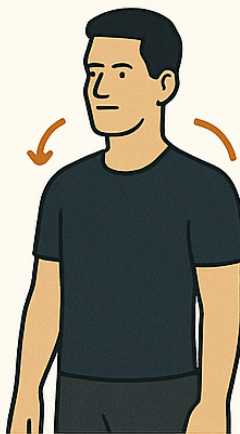
Lateral Neck Stretch



Doorway Chest Stretch



Kneeling Hip Flexor Stretch



Shoulder Rolls



Kneeling Hip Flexor Stretch



Child's Pose

This 5-minute routine targets the 3 most commonly tight areas in office workers: the upper trapezius/levator scapulae, pectorals, and hip flexors. These areas are often neglected due to prolonged sitting and repetitive movements, leading to muscle imbalances, pain, and decreased mobility. By incorporating this quick and easy routine into your workday, you can improve your posture, reduce muscle tension, and enhance your overall well-being.

Remember to perform each stretch for 60 seconds, moving gently and breathing deeply.

1. Lateral Neck Stretch

- Tilt your head to one side, bringing your ear toward your shoulder.
- To deepen the stretch, gently place your hand on the side of your head and apply slight pressure.
- Hold for 30 seconds, then switch sides.
- **Benefits:** Stretches the upper trapezius and levator scapulae muscles, which can become tight and sore from hunching over a desk.

2. Shoulder Rolls

- Stand or sit tall with your feet shoulder-width apart.
- Lift your shoulders up towards your ears, then roll them back and down in a circular motion.
- Focus on maintaining a smooth and controlled movement.
- After 30 seconds, reverse the direction of the rolls.
- **Benefits:** Improves shoulder mobility and reduces tension in the trapezius muscles.

3. Doorway Chest Stretch

- Stand in a doorway and place your forearms on the door frame at shoulder height.
- Lean forward until you feel a stretch in your chest.
- Keep your shoulders down and relaxed.
- Hold for 30 seconds, then step back and relax.
- **Benefits:** Stretches the pectoral muscles, which can become shortened and tight from sitting at a desk.

4. Kneeling Hip Flexor Stretch

- Kneel on your right knee with your left foot flat on the floor in front of you.
- Keep your back straight and your core engaged.
- Gently push your hips forward until you feel a stretch in the front of your right hip.
- To deepen the stretch, raise your right arm overhead and reach towards the ceiling.
- Hold for 30 seconds, then switch sides.
- **Benefits:** Stretches the hip flexor muscles, which can become tight and shortened from prolonged sitting.

5. Child's Pose

- Start on your hands and knees.
- Sit back onto your heels and reach your arms forward.
- Allow your chest to sink towards the floor and your forehead to rest on the mat.
- Relax your shoulders and neck.
- Hold for 30 seconds, breathing deeply.
- **Benefits:** Stretches the lats, spine, and shoulders, promoting relaxation and stress relief.

Additional Tips

- **Consistency is key.** Aim to perform this routine daily or at least a few times per week.
- **Listen to your body.** Never push yourself into pain. If a stretch feels uncomfortable, ease up or modify it.
- **Breathe deeply.** Deep breathing helps to relax your muscles and enhance the benefits of stretching.
- **Stay hydrated.** Drinking plenty of water throughout the day is essential for maintaining healthy muscles and joints.
- **Combine with other healthy habits.** For optimal results, combine this stretching routine with regular exercise, a balanced diet, and good sleep hygiene.