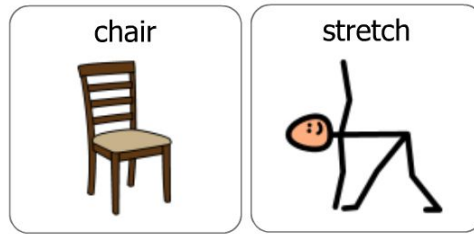





Chair Stretches



Try to do these stretches before starting your work. This will help warm up your muscles and help you keep a comfortable posture while you're doing your work. You can also do these stretches at any time that you start to feel stiff or uncomfortable.

	<p>Sit forward in your chair. Stretch your arms out behind you holding onto the sides of your chair. Push your chest outwards and lift up your chin. Take three deep breaths.</p> <p>This is a great stretch for the big muscles in your arms and your shoulders.</p>
	<p>Sit up straight in your chair. Lift your shoulders up to your ears as if you were shrugging them, lean forward, trying to make an arch with your back. Hold this stretch for 5 seconds.</p> <p>This is a great stretch for your shoulders and your back.</p>
	<p>Lean forward in your chair, folding your body forward so that your hands touch the floor. Hold this stretch for 5 seconds.</p> <p>This is a great stretch for your back.</p>



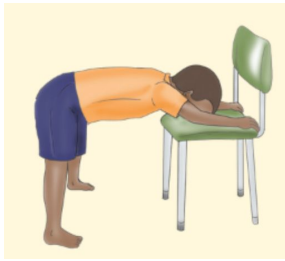
Sit up straight, place your hands up above your head with your palms together. Trying to keep a straight back, lean to one side, hold for three seconds. Come back to the middle, hold for three seconds and then lean to the other side, hold for three seconds.

This is a great stretch for your shoulders, your arms and your stomach muscles.



Stand behind your chair. Try to balance on one leg while you hold up the other leg. Hold the stretch for 5 seconds (if you can!). Swap sides and balance on the other leg.

This is a good stretch to work on your balance as well as stretch the big muscles in your legs.



This stretch can be harder than it looks! Take a step away from your chair, and bend forward at your hips. Try not to bend your legs. See how far you can go! If you cannot make it all the way to the chair (like in the picture), that is okay, the more often you do this stretch, the easier it will become!

This is a good stretch for the back of your legs and your back.



Sit back in your chair, place your legs together. Place your right hand across your body, trying to touch your left foot, lift your left hand up to the sky. Hold this pose for three seconds. Swap sides - place your left hand across your body, trying to touch your right foot, lift your right hand up to the sky, hold for three seconds.

This is a good exercise to stretch your shoulder muscles as well as your stomach muscles. It's also good to cross your midline and exercise both sides of your brain at the same time!



This stretch is tricky! So don't worry if you can't do it the first time you try!

Sit up straight. Place your right leg over your left leg. Put your arms up in front of you and place your right arm under your left arm, try to hold your hands together. If that is too tricky you can try to hold your pinky finger and thumb.

Now swap sides! Place your left leg over your right leg. Put your arms up in front of you, place your left arm under your right arm and try to hold your hands together, or, hold your pinky finger and thumb.

This is a really good whole body stretch, it also makes both sides of the brain work together!