



Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there – wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.



1
Livin' On A Prayer
Palms together, fingers pointing down, pull hands up.
10 seconds



2
Like A Prayer
Palms together, fingers pointing up, push hands down.
10 seconds



3
Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds



4
Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side



5
Pump It Up
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side



6
Straight Up
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds



7
I'm Your Boogie Man
Arms at sides, roll shoulders up and back.
3-5 seconds. 3 times



8
Get Back
Sit down, place hands on lower back for support, lean back.
10-15 seconds



9
The Twist
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side



10
Shake, Rattle & Roll
Arms at sides, shake hands out.
8-10 seconds



BLUE ZONES PROJECT

POWERED BY:

