

5 Minute Office Stretch Break

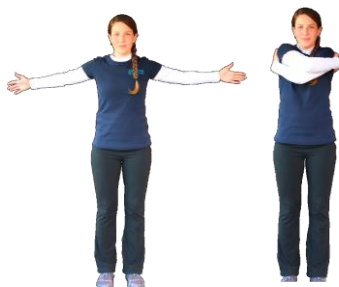


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Take stretch and movement breaks throughout the day to increase energy, improve focus, reduce tension, and decrease aches and pains.

Arm Swings

With arms out to the side, parallel to the floor, swing arms forward crossing them in front of your body. Swing arms back until you feel the stretch in your chest. Continue swinging arms forward and back in a controlled manner. Continue for 30 seconds.



Half Squats

Stand with feet hip-width apart and toes facing forward. Keeping your chest lifted, push your hips back bending at the knees as if sitting back into a chair. Once your knees are bent approximately 45 degrees, stand back up. Optional: Extend arms in front of you to help with balance. Continue performing half squats for 30 seconds.



Torso Twists

Stand with your feet hip-width apart and knees slightly bent. With elbows bent and forearms parallel to the floor, rotate your torso (from the hips up) to the right, then to the left. Continue twisting from one side to the other in a controlled manner for 30 seconds.



Chest Stretch

Place your hands gently behind your head. Actively pull your elbows back, squeezing your shoulder blades together until a stretch is felt in your chest. Be sure not to arch your back or push your head forward. Hold the stretch for 30 seconds.



Hamstring Stretch

Extend your right leg in front of you, heel on the ground, toes pointed up. Bend the left knee for support. Maintaining a flat back, hinge forward from the hips reaching towards the toes of your extended leg. Only reach until you feel the stretch, then hold. Hold for 30 seconds per side.



Neck Stretch

Keeping shoulders down and relaxed, tilt your head to the right bringing your right ear toward your right shoulder. Close your eyes as you relax into the stretch. Optional: Gently push down on your head with your right hand to deepen the stretch. Hold the stretch for 30 seconds per side.



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High Row

Extend your arms in front of you, parallel to the floor, palms facing down. Bend your arms bringing your elbows back as you actively squeeze your shoulder blades together. Hold for a count of 2. Extend your arms back in front of you. Continue rowing your arms in this manner for 30 seconds.



Alternating Heel Taps

Standing upright with a slight bend in both knees, extend your right leg in front of you tapping your heel to the ground flexing your foot. Bring your right leg back then repeat with the left leg. Continue alternating tapping your heels on the ground in front of you for 30 seconds.



Side-to-Side Neck Stretch

Maintaining an upright posture, turn your head to the right, hold for 2-3 seconds. Then turn your head to the left, hold for 2-3 seconds. Continue turning your head side to side in a controlled manner for 30 seconds.



Side Bend Stretch

Raise right arm above head. Keeping your chest facing forward, lean to the left feeling the stretch down the right side of your torso. Optional: grab onto right wrist with left hand pulling up on your arm as you lean to the side. Hold the stretch for 30 seconds per side..



Cross-leg Toe Touch

Cross your right foot in front of the left. Keeping your abdominal muscles engaged, hinge forward through the hips with a flat back reaching towards your toes. Hold the stretch for 30 seconds per side. Hold onto a stable surface for support if needed.



Wrist Extension

Extend one arm straight in front of you with fingers facing up. Using your other hand, pull the fingers of your extended hand toward you until a stretch is felt in your wrist and/or forearm. Hold for 30 seconds per side.



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Leg Swings

Hold onto a stable surface (wall, table, chair without wheels) for support. Lift your right foot off the floor; keep a slight bend in both knees for the duration of this dynamic stretch. Swing your right leg forward and backward in a controlled manner for 30 seconds. Repeat with the other leg.



Arm Circles

Extend your arms out to the side parallel to the floor. Move your arms in a forward, circular motion, as if you were drawing a circle. Continue this movement for 15 seconds and then switch directions going backwards for 15 seconds.



Standing Cat Cow

With feet hip-width apart, knees slightly bent, hinge forward 45 degrees and place your hands right above your knees. Push your chest out as you look up to where the wall meets the ceiling. Then round your upper back as you look down bringing your chin closer to your chest. Continue alternating between these two movements in a slow, controlled manner for 30 seconds.



Shoulder Stretch

With your shoulders down and relaxed, bring your right arm across your upper body keeping it parallel to the floor. Grasp below or above the right elbow with the opposite hand. Gently pull your right arm in closer to your body. Hold the stretch for 30 seconds for side.



Hip Flexor Stretch

Take a split stance with your right leg in front of you and left leg behind. Bend your right (front) knee slightly. Your left (rear) leg should be straight with the heel lifted off the floor. Keeping your torso upright, chest facing forward, and hips square, tuck your hips as you bend deeper into your right (front) knee, ensuring your knee does not go past your toes. Hold the stretch for 30 seconds per side.



Chin to Chest

Place your hands behind your head. Slowly drop your chin toward your chest. Hold for 30 seconds. If needed, very gently push down on your head with the hands.



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Calf Raises

Hold onto a stable surface for balance support. With feet hip-width apart and toes facing forward, slowly raise your heels off the ground. Hold for 2-3 seconds. Then slowly lower back down to the starting position. Continue this movement for 30 seconds.



Ankle Taps

Standing upright, raise your right leg tapping the inside of your right ankle with your left hand. Return your foot to the ground in a controlled manner. Repeat on the opposite side. Continue alternating back and forth for 30 seconds.



Dynamic Side Bends

Stand with feet hip-width apart and knees slightly bent. Reach your right arm above your head as you lean to the left. Lower your arm down and come out of the lean. Repeat on the other side. Continue alternating reaching and bending side to side in a controlled manner for 30 seconds.



Wall Downward Dog

Stand facing a wall. Place your hands flat on the wall in front of you and walk back a few steps until you form an L shape with your body. Your upper body is parallel to the ground while your legs are perpendicular to the ground. Be sure your ankles, knees, and hips are aligned and that your hips, shoulders, and wrists are aligned. Hold this stretch for 30 seconds.



Wall Calf Stretch

Stand facing a wall. Keep your left foot planted for stabilization. Place the ball of your right foot against the wall with the heel still touching the ground. Gently shift your body toward the wall keeping the right leg straight. Hold for 30 seconds. Repeat on the other side.



Prayer Hand Stretch

Place your palms together in a prayer position in front of your body with your elbows pointing out to the side. Keeping your palms together, slowly shift your hands to the right until the stretch is felt. Hold for 30 seconds. Repeat on the other side.



5 Minute Seated Office Stretch Break

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Seated Calf Raises

Sit upright with feet flat on the floor hip-width apart. Slowly raise your heels off the ground. Hold for 2-3 seconds. Lower your heels. Continue this movement for 30 seconds.



Seated March

Sit upright with both feet flat on the floor hip-width apart. Raise your left thigh off the chair lifting your foot off the floor. Slowly lower your foot back down. Then do the same with the right leg. Continue alternating legs to perform a seated march for 30 seconds.



Seated Cat Cow

Sit with feet flat on the floor hip-width apart. Place hands above the knees. Push your chest out, squeezing your shoulder blades together, as you look up to where the wall meets the ceiling. Then round your upper back, look down toward the floor, and pull your belly button in. Continue alternating between these two movements in a controlled manner for 30 seconds.



Seated Hamstring Stretch

Sit toward the front of your chair with feet flat on the floor. Extend one leg in front of you, heel on the ground and toes pointed up. Keeping a flat back, hinge from the hips reaching forward towards the toes of your extended leg. Hold for 30 seconds. Repeat on the other side.



Seated Spinal Twist

Sit with feet flat on the floor, hip-width apart. Sitting upright, twist to the right placing your hands on the arm or seat of the chair. Use your hands as leverage for a deeper twist. Ensure your torso remains upright during the stretch. Hold for 30 seconds per side.



Seated Figure 4

Sit with your feet flat on the floor. Cross your right ankle over your left leg above the knee. Maintaining a flat back (do not round your upper back), lean forward as you simultaneously gently push down on your right knee until a stretch is felt in the hip and/or glute. Hold the stretch for 30 seconds per side.



Perform stretches to the best of your ability and fitness level. Stretch to the point of mild tension. Stretching should not be painful. Breath through each stretch. Use caution if using a chair with wheels. We recommend pushing the chair against a wall or table to prevent it from moving.

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