

# 2 EASY STRETCHES FOR THE OFFICE



Stretching improves posture and can relieve minor pain associated with sitting at a desk all day.

- Hold each stretch for 10-15 seconds.
- Repeat every 30-60 minutes.
- Stretching daily will help bring you out of slouch posture.

Remember to get up and move around for a few minutes every hour.



**Marshfield  
Clinic**

Don't just live. **Shine.**