Stretching at Work can be a great way to combat the negative effects of sitting at a desk for extended periods.

Why Stretch During Your Workday?

- Relax the muscles that may have become tense after extended periods of stationary work, sitting, or repetitive movement
- Relieve stress
- Improved productivity
- Give yourself a jump-start of energy

Best Practices

- Start with a quick warm-up. Try a walk around the office, climbing a flight of stairs, or walking in place for 60 seconds
- Gradually move into the stretch and hold at the end-range. Do not 'bounce'
- Breathe normally and avoid holding your breath
- Stretch to the point that you feel a gentle pull in the target muscle. Sharp pain could be a sign of overstretching
- Hold your stretch for 10-20 seconds, repeat 2-3 times, and make sure to complete stretches on both sides of the body
- Try to maintain a relaxed body while stretching. Don't get tense, especially in the neck and shoulders
- Continue to use good posture while stretching
- Get colleagues involved by having short 'group stretching' sessions

Precautions

- If you start to feel pain, discomfort, numbness, tingling, or a loss of strength, stop stretching immediately and consult your health care provider
- Talk with your health care provider if you've been treated for a musculoskeletal condition within the past three months

Want to learn more about incorporating healthy habits into your everyday life? For additional resources, visit MSU Moves at health4u.msu.edu/msu-moves