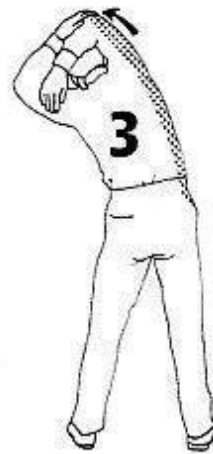


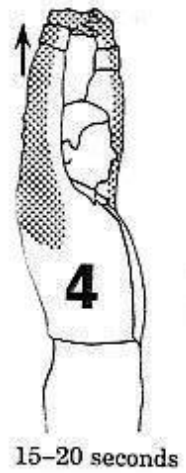
10–20 seconds
2 times



10–15 seconds



8–10 seconds
each side



15–20 seconds



3–5 seconds
3 times



10–12 seconds
each arm



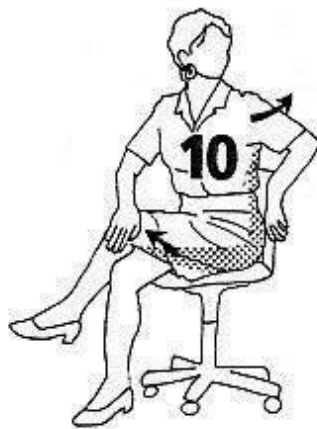
10 seconds



10 seconds



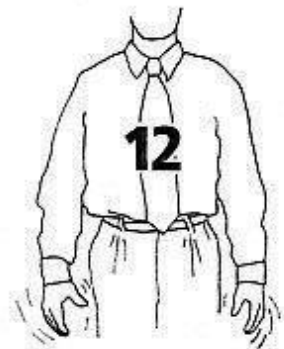
8–10 seconds
each side



8–10 seconds
each side



10–15 seconds
2 times



Shake out hands
8–10 seconds

Research¹ indicates that periodic workplace stretching may reduce pain by up to 72 percent. And some studies² show that a bit of exercise in the workday can relieve both physical and mental stress.

And... according to The Harvard School of Public Health³, physical activity—even for short periods of time—can improve your mood.

1. <http://www.ncbi.nlm.nih.gov/pubmed/20555173>
2. <http://www.ncbi.nlm.nih.gov/pubmed/22371784>
3. <http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>