

# Stretch Out And Extend Your Well-Being

On any given day at work, we spend most of our time standing or sitting, therefore straining certain muscles. The good news is that it takes just a simple stretching routine to improve blood circulation in those groups of muscles, helping to relax, reducing muscle tension and, furthermore, avoiding injuries. They are short and simple exercises that can be incorporated into the daily routine and won't take up more than a few seconds.

## How to do it?

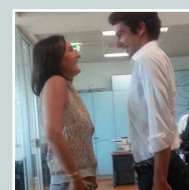
1. Cross your right leg, keeping your foot on top of the left knee. Stretch your arms towards the floor and stay in that position for a few seconds. Repeat with the other leg.
2. Move your neck slowly, as if your head were drawing a half-moon, until you feel no more tension. Repeat the movement in the opposite direction and, afterwards, with your head tilted backwards.
3. Rotate your shoulders backwards, slowly, until that whole shoulder area feels more relaxed. Start again by rotating your shoulders forward.
4. With the help of a chair, bend your right leg backwards and hold it for a few brief moments. Repeat with the other leg.
5. Leaning on a chair, slowly raise your body until you're on your tiptoes. Come down slowly, until the whole foot is on the ground. Repeat a couple of times.



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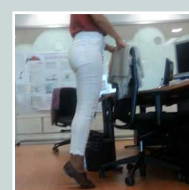
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