



Stressed-Out Stretches

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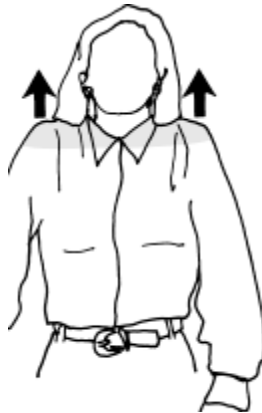
- Had a tough day?
- Computer giving you problems?
- Going to an important meeting?
- Need to relax?

There come those inevitable times during the day when the body signals it has had an overdose of stress. Don't let tension build up and ruin your good work. Pace yourself throughout the day. Take frequent stretch breaks!

- Breathe deeply.
- Take a few minutes to do these stretches.



10 sec each position



3 seconds, 2 times



10 sec 2 times



5 sec each side



15 sec each arm



10 seconds