Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1. **Livin' On A Prayer**
   - Palms together, fingers pointing up, push hands down.
   - 10 seconds

2. **Like A Prayer**
   - Palms together, fingers pointing down, pull hands up.
   - 10 seconds

3. **Can't Touch This**
   - Hands together, fingers interlaced, extend arms with palms reaching forward.
   - 10–20 seconds

4. **Thriller**
   - Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
   - 10–12 seconds/side

5. **Pump It Up**
   - Arms above head, grab a hold of opposite elbows, lean side to side.
   - 8–10 seconds/side

6. **Straight Up**
   - Fingers interlaced, pull arms over head with palms reaching up.
   - 10–15 seconds

7. **I'm Your Boogie Man**
   - Arms at sides, roll shoulders up and back.
   - 3–5 seconds, 3 times

8. **Get Back**
   - Sit down, place hands on lower back for support, lean back.
   - 10–15 seconds

9. **The Twist**
   - Cross one leg over another, take opposite arm to knee, twist towards open side.
   - 8–10 seconds/side

10. **Shake, Rattle & Roll**
    - Arms at sides, shake hands out.
    - 8–10 seconds

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