



# Take "5" Stretch

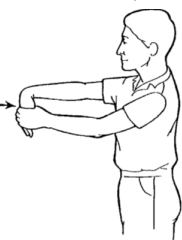
**Tired of sitting...Need a break. Take "5" and do 5 stretches to ease the tension. Hold each exercises for 15 seconds. Perform 2-3 times with each stretch. Be sure to work both sides.**

1



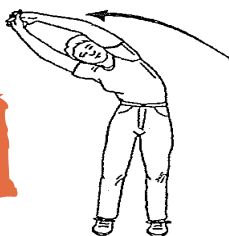
**Neck/Shoulders: Sit or stand in position as shown with one arm reaching behind back. Use opposite arm and gently stretch neck to the same shoulder . Be sure to keep neck straight. You should feel this stretch at the top of the shoulder and back of the neck.**

2



**Forearm: Extend your arm in front of you, keeping your shoulder and elbow straight. Keep your fingers pointed to the ground (as picture shows). Grasp hand and pull hand toward the body. Also, point the fingers up and push wrist back. You should feel this stretching in your forearm.**

3



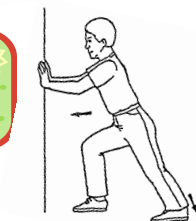
**Side: Clasp hands together overhead and lean to one side. Reach with the arms. Keep the back straight and feel the stretch from the hip, the side and in the shoulders. Slowly bring your body back to center. Switch sides.**

4



**Hamstrings: Stand straight up. Place a heel of your foot on a chair or solid surface. Keep your hips facing the chair and your feet pointed forward. Keep knees straight and toes pointed to the sky. Keep your belly muscles tight and your back flat. Bend forward at the waist. You will feel this in the back of the legs.**

5



**Calves: Position your body against a wall as shown with one foot behind. Point toes directly toward the wall and hold heel flat to the ground. Switch sides. Bend the back knee for a alternate stretch.**

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