

Try these exercises

One of the most important (physical) tasks you can undertake whilst sitting at your desk is stretching.

We often think we don't have time to stretch, however, a lot of back, shoulder and neck pain can be avoided simply by taking a few moments out of your busy work schedules **to stretch!**

It's something that only takes a few minutes a day and is so easy to do.



Above are two simple stretches you can do at your desk. The **first** one is a shoulder, head and neck stretch. The **second** is a great stretch for the middle back, shoulders and arms. **Hold each stretch for 5 seconds** and then release. **Repeat** on both sides twice.

By following these simple stretches you'll feel more comfortable, increase your concentration and be much more productive at work.

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