

Mission In Motion

Health & Wellness
Tip of the Week



January 28, 2013

Is work causing a pain in your neck? If so, maybe it's time to take a stretch break. Sitting at your desk all day can put pressure on your lower back, neck and shoulders, leaving you sore and exhausted by the end of the day. Take one-minute breaks about every 20 minutes to help relieve tension and loosen your muscles. Stretch your arms, shoulders and back muscles.

Source: Mayo Clinic Online Resources

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