

Health & Wellness

Tip of the Week

April is all about focusing on **Workplace Safety**. It is the perfect time to remind you about the importance of being safe at work in order to prevent injuries.







Week 17

April 25, 2016

Reenergize With Simple Stretches At Work

Stretching is a great source of relaxation for stiff, sore muscles and can also help reduce tension and stress. You don't have to be a star athlete or in great shape to do stretching exercises. All you need is a little time and motivation and, before you know it, stretching will become a way of life.

Exercise at your desk and stretch either alone or in a group each day. Practice good form to relax and continue breathing while you stretch. Performing these stretching exercises can help you:

-  Reduce stress and tension
-  Ease anxiety
-  Relax
-  Increase your alertness
-  Enhance flexibility and reduce injury
-  Improve circulation

Source: Mayo Foundation for Medical Education and Research



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