

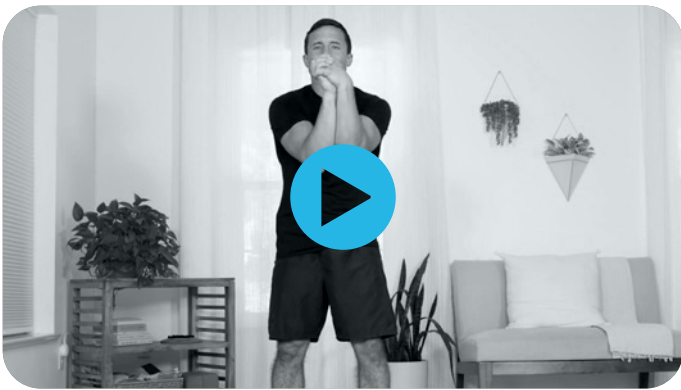
Stretches for a Better Mind & Body



Stretches may seem simple, but they provide you with time to move, breathe and think.

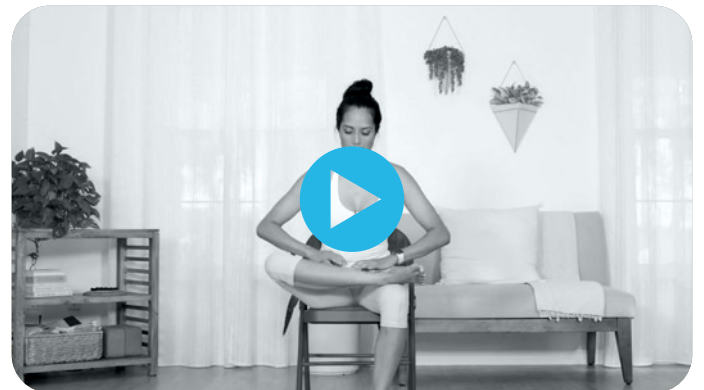
They directly relieve physical tension and help lower your adrenaline and cortisol levels so that you can think, remember and solve problems more easily.

Follow these simple stretches, and we suggest including them in your weekly movement routine for the best results. It's important to note that if you have a wrist injury or any pain or discomfort, you should consult with a physician or exercise professional before starting any stretching or exercise program.



The Simple Wrist Stretch

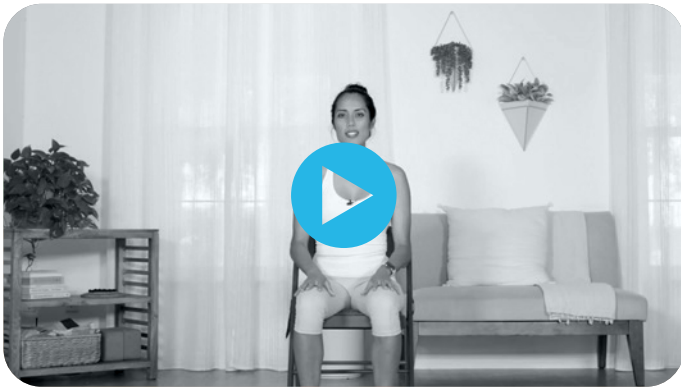
We all spend a lot of the day using our hands, whether it is completing our trade, typing or driving. Wrist stretches are essential to maintain healthy wrists and prevent injuries. The wrists are complex joints and if they are not stretched regularly, they can become tight and weak, which can lead to pain, discomfort, and reduced range of motion.



Hip Hip Hooray

Incorporating hip stretches into your routine can have a range of benefits, from reducing pain and discomfort to improving athletic performance. But where to start? Join us as we walk you through a series of hip stretches that are perfect for beginners. With clear instructions and helpful tips, you'll be able to stretch safely and effectively, and start reaping the benefits of a healthier, more flexible body.

Stretches for a Better Mind & Body



Perfect Posture

Are you tired of feeling sluggish and stiff after work? It's time to improve your posture and wake up your body. Using just a chair, we'll guide you through a series of posture-improving stretches perfect for any break in your workday. Not only will these stretches leave you feeling more alert and energized, but they can also help to reduce pain and stiffness in the neck, shoulders, and back that often come with longer periods of sitting.



Body Balance

Are you feeling out of balance after a long day at work? This guided stretch can help you re-align and rebalance your body with a series of targeted stretches. No matter what you do for work, certain parts of your body can become overused and imbalanced, leading to discomfort and even injury. But with our expert guidance and a chair, you'll learn how to stretch and strengthen your body in a way that promotes balance and harmony.