

Neck Release



Stretch Instructions

- Sit or stand tall and straight.
- Roll the shoulders back and down.
- As you inhale, raise the left arm up and rest the hand over right ear.
- Use the weight of your arm to stretch the right side of the neck.
- Hold for a couple of breaths.
- Repeat on the other side.

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The lion (face and hand stretch)



Stretch Instructions

- Sitting comfortably, close your eyes and mouth and clench your fists.
- Inhale, then exhale forcefully through your mouth.
- As you exhale, open your eyes and mouth wide and stick out your tongue as far as possible.
- Unclench your fists and stretch your fingers.
- Inhale and return to starting position with your face completely relaxed.
- Repeat 3 times.

Chest and throat stretch



Stretch Instructions

- Look straight ahead, keeping the back straight and long.
- Roll the shoulders up and down while pushing the chest forward.
- Clasp the palms together and pull them down while looking up, stretching the neck, throat, and chest.

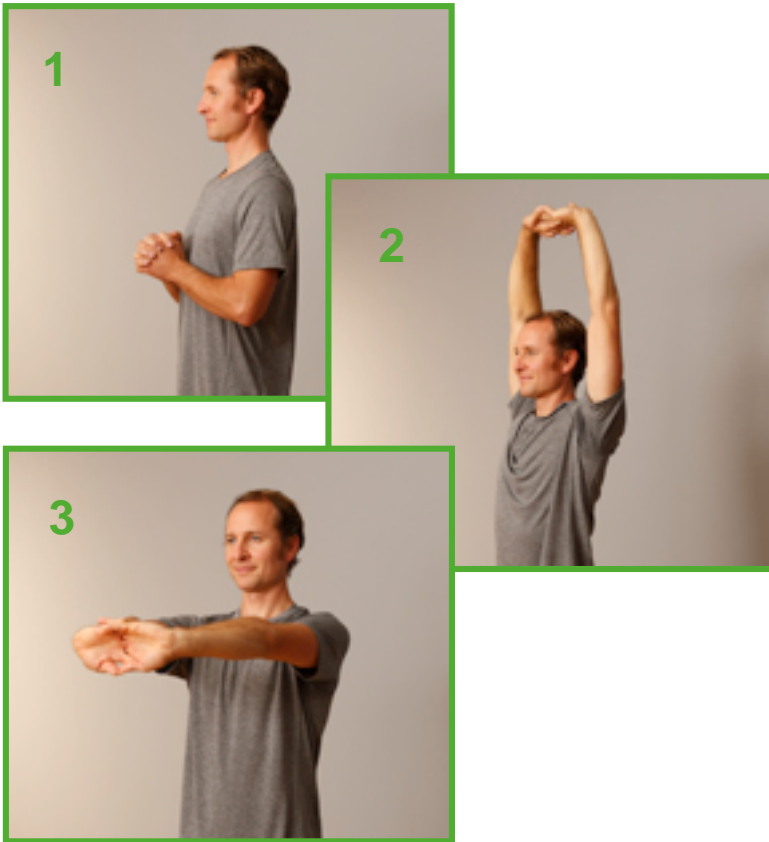
Shoulder stretch



Stretch Instructions

- Stand up straight and raise your arms to shoulder height.
- From below, place your left hand on your right arm above the elbow and gently press.
- Repeat on the other side.
- Return to center and roll your shoulders forward and backward several times to release tension.

Arm stretch 1

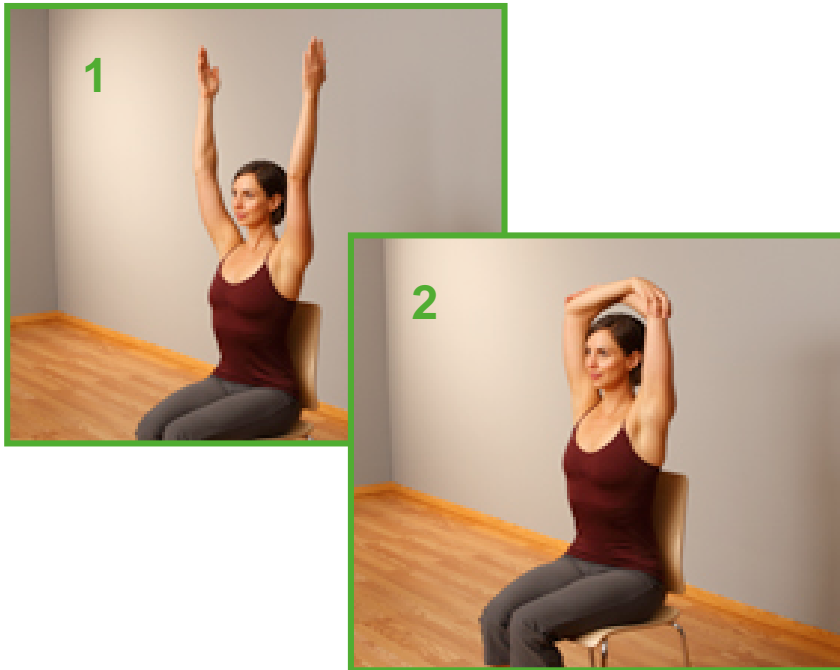


Stretch Instructions

- Bend the wrists while interlocking the fingers.
- Exhale and roll the palms out, keeping the tips of the thumbs touching.
- Inhale and take the arms up alongside the ears holding for several breaths.
- Exhale, bringing the arms forward and down.
- Repeat, changing the interlock of the fingers so that the other index finger is on top.

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Arm stretch 2



Stretch Instructions

- Raise the arms, bending the elbows and grabbing each elbow with the opposite hand.
- Stand tall, pulling gently on the elbows with one hand while resisting with the other.
- Hold the position for several breaths.
- Change the crossing of the elbows so the other elbow comes in front.
- Hold the position for several breaths.

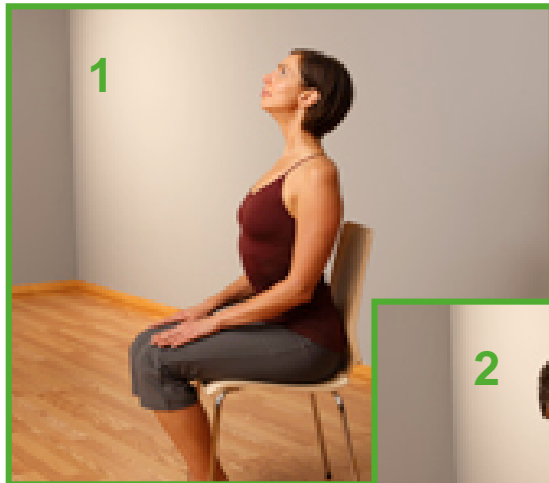
Shoulder and chest stretch



Stretch Instructions

- Sit up straight.
- Clasp the palms behind the head, and push the head and palms against each other to create resistance.
- Move the shoulders together, opening the chest.
- Hold for few seconds, release, and repeat 3 times.

Chair cat asana (yoga back stretch)



Stretch Instructions

- Take a deep breath, moving the chest forward as you inhale.
- Curve the spine backward as you exhale completely.
- Try to keep the spine elongated throughout.

Seated twist



Stretch Instructions

- Sit comfortably on the edge of your chair and place your hands on your knees.
- Place your left hand on the right arm of your chair and grip another part of the chair with your right hand for support.
- Twist your upper torso to the right and look over your right shoulder, breathing deeply.
- Hold the posture and look over your left shoulder.
- Repeat on the other side.

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Hip stretch



Stretch Instructions

- Cross the right leg over the left leg.
- Drop down the right knee so it is parallel to the floor.
- Bend and stretch forward while holding your breath.
- Repeat for the other leg.

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Supported forward fold



Stretch Instructions

- Stand up straight about an arm's length away from the back of a chair that does not slide.
- Inhale and reach your arms over your head.
- Bend forward and place your hands on the back of the chair. Keep your neck straight and your arms shoulder-width apart, and look down.
- Hold for several breaths and return to standing position.
- Repeat as desired.

Side stretch



Stretch Instructions

- Stand up straight with your feet hip-width apart.
- As you inhale, bring both arms over your head and place your left hand around your right wrist.
- As you exhale, slowly lean to the left and hold for three breaths.
- Return to center and release the arms. Repeat on the other side.

Hamstring stretch



Stretch Instructions

- Stand a couple of feet away from the front of a chair that does not slide.
- Breathing in, place your right heel on the seat and point your toes upward.
- Place your lower arms just above your right knee for support.
- Exhale and gently lean forward without pushing down on your leg.
- Repeat on the other side.

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Quadriceps stretch



Stretch Instructions

- While standing, hold on to a chair with one hand while grasping an ankle with the other hand.
- Keep the spine straight and the knees close together while pressing the ankle against your hand.
- Repeat for the other leg.

Calf stretch



Stretch Instructions

- Take off your shoes.
- Bring the hands to the edge of a table or a desk.
- Take a step back with the left leg. Turn the left foot to a 45-degree angle while pressing the left heel to the floor.
- Press your left knee back until you feel a stretch.
- Repeat on the other side.