MICRO-BREAKS

*Stretch 5-10 seconds every 30 minutes
*No pain should be felt during stretches. If any stretch hurts, reduce intensity or stop stretch.

**Shoulder Shrugs**

**STEP 1)** Arms relaxed by your side
**STEP 2)** Slowly roll shoulders straight up towards your ears
**STEP 3)** Squeeze shoulders together, and let them roll down and back; movement should be smooth and circular, and should take 3-5 seconds; a mild, comfortable stretch should be felt through your shoulders and lower neck
**STEP 4)** Repeat 5 times

**Wrist Extensor Stretch**

**STEP 1)** Straighten arm in front of you
**STEP 2)** Point fingers towards floor
**STEP 3)** Use opposite hand to mildly stretch the right wrist further; slowly rotate fingers to point away from body. A mild comfortable stretch should be felt through the top of forearm
**STEP 4)** Hold 10 seconds and switch sides

**Wrist Flexor Stretch**

**STEP 1)** Straighten arm in front of you
**STEP 2)** Bend wrist backwards, point fingers up
**STEP 3)** Use opposite hand to mildly stretch the bending wrist further. A mild, comfortable stretch should be felt through the bottom of forearm
**STEP 4)** Hold 10 seconds and switch sides

**Hamstring Stretch**

**STEP 1)** Standing, put leg straight out in front of you (can be performed with your heel on 2-6" step or flat on ground)
**STEP 2)** Lift toes on front foot up so only heel touches the ground or step
**STEP 3)** Keeping your back as straight as possible, bend forward from your hip. A mild, comfortable stretch should be felt at the back of your thigh.
**STEP 4)** Hold stretch for 10 seconds, release slowly, and switch sides.

**Prayer Stretch**

**STEP 1)** Place fingertips together in a prayer position (no other part of your hand should touch)
**STEP 2)** Slowly move hands down from eye level to chest level; slowly rotate fingers to point towards your chest; a mild, comfortable stretch should be felt through your fingers, hands and wrist
**STEP 3)** Hold stretch for 10 seconds, release slowly, and repeat 2-3 times

**Standing Back Bend**

**STEP 1)** Place hands on hips and feet shoulder width apart; slowly lean backwards
**STEP 2)** Look up towards the sky, hold for 10 seconds. A mild, comfortable stretch should be felt through low and mid-back
**STEP 3)** Hold stretch for 10 seconds, release slowly