

# Ergonomic Exercise Breaks

## Exercise at your desk

### TAKE A VISION BREAK

*Practice these simple exercises to energize tired eyes.*

- 1. Refocus your eyes.**
  - A. Focus on the farthest object in the distance for 10 seconds. Then close your eyes and take 10 deep breaths.
  - B. Shift your vision back to the screen and refocus. Repeat three times.
- 2. Stretch your eyes.**
  - A. Close your eyes in a relaxed position.
  - B. Begin to move your eyes in a clockwise direction slowly and smoothly.
  - C. Then move your eyes in a counter clockwise direction slowly and smoothly.
  - D. Move eyes slowly and smoothly up, down, side to side and diagonally. Repeat two times.
- 3. Rest your eyes.**
  - A. Rub your palms together to warm them. Then place palms over closed eyes (not on them).
  - B. A warm calming effect will take place for 30 seconds. Also take long, slow, deep breaths.



## Neck Stretches



### Chin Tucks

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tuck in your chin.
- Hold for 5 seconds.
- Release.
- Repeat several times.



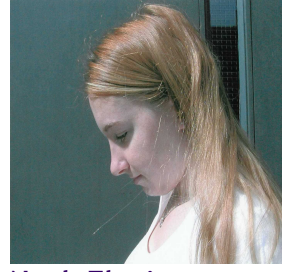
### Head Tilts

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tilt your head to one side, bringing your ear toward your shoulder.
- Hold for 10-20 seconds. Feel a gentle stretch on the side of your neck.
- Then tilt your head slowly to the other side.
- Repeat 2 or 3 times on each side.

## Neck Stretches cont.

**Neck Stretch**

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly turn your chin toward one shoulder.
- Hold for 10-20 seconds.
- Repeat on other side.
- Do each side twice.

**Neck Flexion**

- Head is facing forward and shoulders are back.
- Slowly bring your chin to your chest gently.
- Hold the position for 10 counts.
- Repeat 5 times.

## Shoulder/Upper Back Stretches

**Shoulder Shrug**

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Lift your shoulders toward your ears until you feel a slight tension in your neck and shoulders.
- Hold for 5 seconds.
- Relax your shoulders into their normal position.
- Repeat 2 or 3 times.

**Upper Arm Stretches Shrug**

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Lift your shoulders toward your ears until you feel a slight tension in your neck and shoulders.
- Hold for 5 seconds.
- Relax your shoulders into their normal position.
- Repeat 2 or 3 times.

**Arm Stretch**

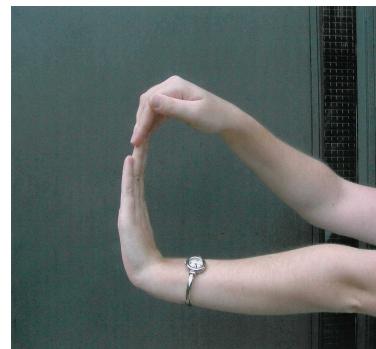
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Interlace your fingers. Then push your palms up toward the ceiling, stretching your arms up over head. Don't arch your back.
- Hold for 10 to 20 seconds.

## Hand Stretches



### Finger Fan

- Sit or stand up straight with your shoulders relaxed. Bend your elbows so that your forearms are approximately parallel to the floor.
- Gently stretch your fingers out like a fan. Keep your wrists straight.
- Hold the stretch for 10 seconds.
- Relax, then bend your fingers at the knuckles. Keep your wrists straight.
- Hold for 10 seconds.
- Stretch your fingers out again for 10 seconds.



### Wrist Extension

- With your left elbow bent, wrist flexed, palm downward, place your right hand across the back of your left hand.
- Slowly try to straighten your wrist while resisting your right hand. Allow wrist to move through full range of motion.
- Repeat 5 times.
- Change to the opposite hand.

### Wrist Flexion

- With your left elbow bent, wrist extended and palm downward, place your right hand across the palm of your left hand.
- Slowly try to bend your left wrist while resisting your right hand. Allow wrist to move through full range of motion.
- Repeat 5 times.
- Change to the opposite hand.

## Lower Back Stretches



### Lower Back Stretch

- Stand with your feet about shoulder width apart. Don't lock your knees.
- Place your hands just above your hips with your fingers pointing downwards.
- Gently push your palms forward, bending your back at the waist.
- Look straight ahead. Don't throw your head back.
- Hold a comfortable stretch for 10 to 12 seconds.
- Repeat twice.



### Upper Back Stretch

- Pull your shoulder blades together in back until you feel a slight tension in your upper back and shoulder blades. Don't arch your back.
- Interlace fingers behind your head with your elbows out to the side. Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Hold for 8 to 10 seconds, then relax.
- Repeat several times

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