

Fitness - September 13, 2004

Multitask at your desk. Spend 5 minutes of every hour performing stretches at your desk. Reach your arms up over your head and alternate stretching towards the sky to get a long lateral stretch. Then clasp both hands out in front of you as you round your back into a "C" shape. Try clasping your hands behind your back and opening up the muscles across your shoulders and upper chest. Finally let the weight of your head drop to the back for 10 seconds. Guaranteed you will feel rejuvenated, de-stressed and your posture will be improved.