Reach for the Sky

Stretching exercises are a natural for the desk-bound, to ease stress and keep your muscles from clenching up.

Here are a few suggestions:

- Sitting tall in your chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.
- Let your head loll over so that your right ear nearly touches your right shoulder. Using your hand, press your head a little lower (gently, now). Hold for 10 seconds. Relax, and then repeat on the other side.
- Try this yoga posture to relieve tension: Sit facing forward, then turn your head to the left and your torso to the right, and hold a few seconds. Repeat 15 times, alternating sides.
- Sitting up straight, try to touch your shoulder blades together. Hold, and then relax.
- You get to put your feet up for this one! To ease the hamstrings and lower back, push your chair away from your desk and put your right heel up on the desk. Sit up straight, and bend forward just until you feel a gentle stretch in the back of your leg. Flex your foot for a few seconds, and then point it. Bend forward a little farther, flex your foot again, and hold for 10 seconds. Repeat on the other side.