



Posture Relief: TAKE FIVE

- Take 5 minutes to stretch and move freely during scheduled breaks
- Take 5- 30 seconds for a stretch (feeling a gentle pull vs. strain or pain)
- Take 5 stretches and repeat 5 times a day
- Take 5 deep breaths to redirect your



<p><u>Shoulder Release</u> 10 repetitions</p>	<p><u>Reach Overhead</u> Hold for 5-30 seconds</p>	<p><u>Arm Across Chest</u> Hold for 5-30 seconds</p>
<p><u>Sun Salute</u> 10 repetitions</p>	<p><u>Prayer Stretch</u> Hold for 5-30 seconds</p>	<p><u>Forward Wrist Stretch</u> Hold for 5-30 seconds</p>
<p><u>Hook Fist</u> 10 Repetitions</p>	<p><u>Thumb Sweeps</u> 10 Repetitions</p>	<p><u>Hand Open/ Close</u> 10 Repetitions</p>

Artistic Advantage