Office Ergonomics: Body "Blink" Stretches



Blink for Your Body?

Why do you blink? Because your eyes start to burn! As you go through your day, your eyes aren't the only part of your body that gets tired. If you're like most people, you may develop fatigue or stiffness in your back, neck or arms. The same way a "blink" works for your eyes, a simple and quick stretch can reduce fatigue in your muscles. In essence, this is a periodic "blink" for your muscles.

Blink Process for Success

Follow the below process to improve comfort, get more done and have more energy during your day.

Work in good posture → **Listen** to your body → **Choose** a blink

Hold each stretch for about 15 to 30 seconds and breathe normally. Don't aim for pain. Stretch until you feel some tension, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold. Don't Bounce.

Low Back Blink



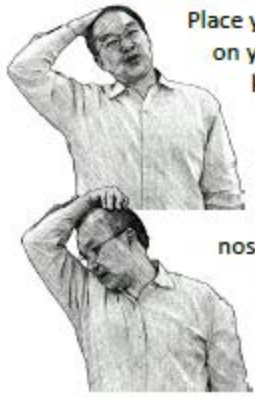
Place your hands on your lower back and push your hips forward while sitting or standing. Make sure to keep your feet flat on the floor.

Torso Blink



Clasp your hands & reach over your head, slightly tilt back, then to your right side, then to your left side, while your hands remain clasped overhead.

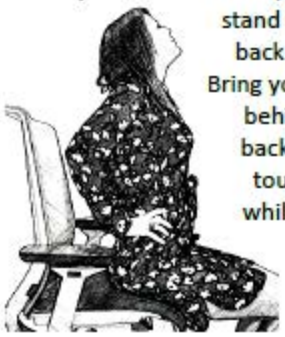
Neck Blink



Place your right hand on your head while keeping you left shoulder relaxed. Gently turn your head and bring your nose towards your arm pit and hold. Next, gently guide you right ear to your right shoulder and hold. Repeat with left side with left hand.

Chest Blink

While sitting, scoot your hips so that your back is not supported or stand with your back straight. Bring your elbows behind your back trying to touch them while pushing your chest out.

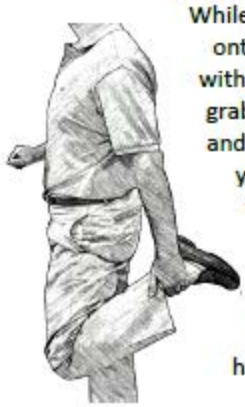


Forearm Blink



Place the palms of your hands together keeping close to the body at chest level. Then slowly lower your hands down while palms remain touching.

Hip Blink



While standing hold onto your chair; with your left hand grab your left foot and pull it towards your buttocks while keeping the knee pointing towards the floor, switch hands and feet.

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