

Add movement to your day with a microbreak routine!

Do these activities at your desk, with your coworkers, or in a quiet space during your workday to not only protect your body from musculoskeletal disorders and injury, but also to defend against burnout and increase satisfaction and overall wellbeing.

**Deep Breaths**

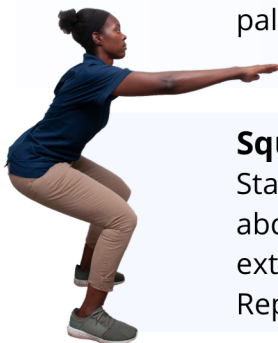
Take a deep breath in, inhaling through your nose, calmly exhale through your mouth. As you exhale relax your shoulder muscles. Repeat 5 times.

**Overhead Reach**

Sit or stand with good posture. Extend both arms above your head, reaching towards sky with fingertips. Hold for 5 seconds and repeat 5 times.

**Neck Stretch**

Sit or stand with good posture. Relax shoulders and gently look up. Look down towards chest. Slowly bring right ear to right shoulder, then left ear to left shoulder. Hold each position for 5 seconds before slowly returning to starting position.

**Wrist Extensor Stretch**

Sit or stand with good posture. Extend arm in front with palm down, use opposite hand to pull hand towards you.

**Squats**

Stand with feet shoulder width apart. Keep back straight, chest up, abdominals tight. Lower hips as if sitting in a chair, ensuring knees do not extend in front of toes. Return to starting position by pushing up through hips. Repeat 10-15 times.

Knee Raises

Sit or stand with good posture. Tighten abs and lift one knee up. Hold for up to 5 seconds before returning to starting position. Alternate legs and repeat 5 times each side.

