You will feel both energized and relaxed after doing just five minutes of these gentle, restorative exercises. You will notice an increase in your overall sense of wellbeing as tension and stress melt away.
I encourage you to incorporate movement breaks throughout your workday and enjoy all the healthy benefits.

Active Sitting
- Feet contacting floor
- Shoulders down
- Elbows relaxed
- Feel breath moving in your entire torso

1. The Wave
Begin rocking your tailbone forward reaching your tail under. Now reverse this movement, rocking your tailbone backward reaching your tail back. Continue to rock easily back and forth until the movement engages your entire torso like an ocean wave. Pause. Extend your arms upward clasp the fingers and press palms towards the ceiling. Allow the arms to move with your spine as you wave a few more times.

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2. Mermaid
Hold the side seat of your chair with your left hand. Reach your right arm up. Bend/lex your torso to the left. Relax your neck. Return to the center by roll-
ing your hips, then your ribs, then your shoulders, arm and head in succession. Repeat on the other side.

3. Butterfly
Place fingertips on shoulders. Lift elbows upward lengthening your side ribs and stay-
ing wide in your chest. Lower the elbows. Repeat a few times.

4. Toe-Heel Rock
Raise heels and lower heels and lift toes rocking back and forth. Feel the connection to your ankles, shins and calves. Do 10 or so times.

5. Leg Reach
Place both hands under your left knee bringing the leg to a hook position. Point your foot extend-
ing your leg. Flex your ankle and stay for a count of five. Repeat with the other leg.

6. Desk Push/Pull
Push your chair more than arm’s length from your desk. Flex from your hips pushing the heels of your hands into the edge of your desk. Actively press your feet into the floor at the same time. Breathe easily as you stay for a count of five. Now place the palms flat on the top of the desk. Press hands down and pull with your back and hips widening your shoulder blades. Stay for five counts.

7. Spiral
Place your right hand across your body grabbing the left arm. Hold the side/bottom of your chair with your left hand. Rotate your entire torso to the left initiating the twist from your hips. (Option: Twist to the right keeping your arms where they are.) Repeat on the other side.

8. Pigeon
Place your left foot across your right thigh. Flex forward from your hips. Flex your left ankle and grasp the foot with both hands gently in-
creasing the ankle flex-
ation. Stay for five counts. Do other side.

9. Yoga Pose
Sit with open legs. Hinge from hips. Grab right ankle with your right hand. Look up gradually opening and rotating your entire torso. Unfold your left arm reaching up and slightly back. Stay for five counts. Do other side. Return to Active Sitting and resume your activity refreshed and energized.

*Unwind at Your Desk* is an innovative movement pro-
gram created by Deanna Anderson for Stanford Health Improvement Programs.

Have your HWE group learn how to incorporate these invigorating movement and stretch breaks (and more!) into your work day by bringing Deanna’s workshop “Unwind at Your Desk” to your worksite.”