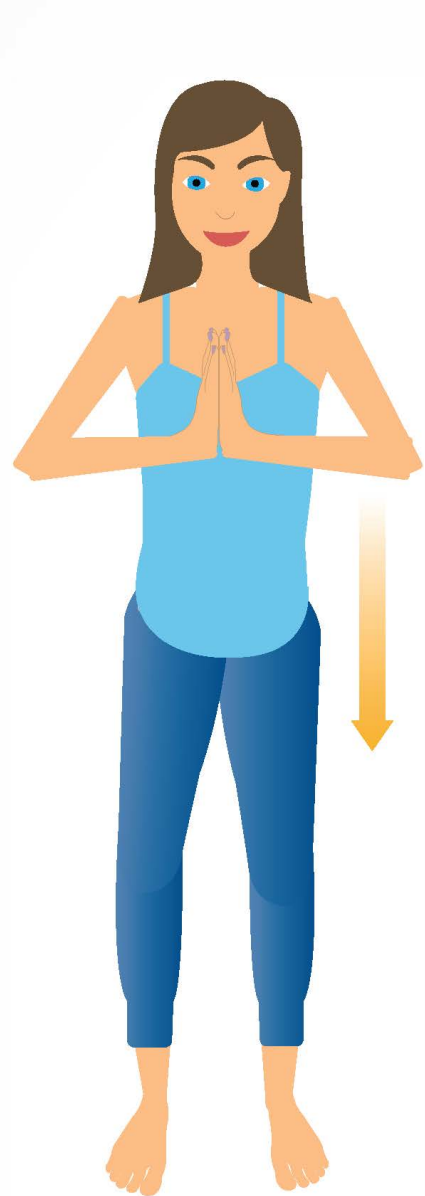




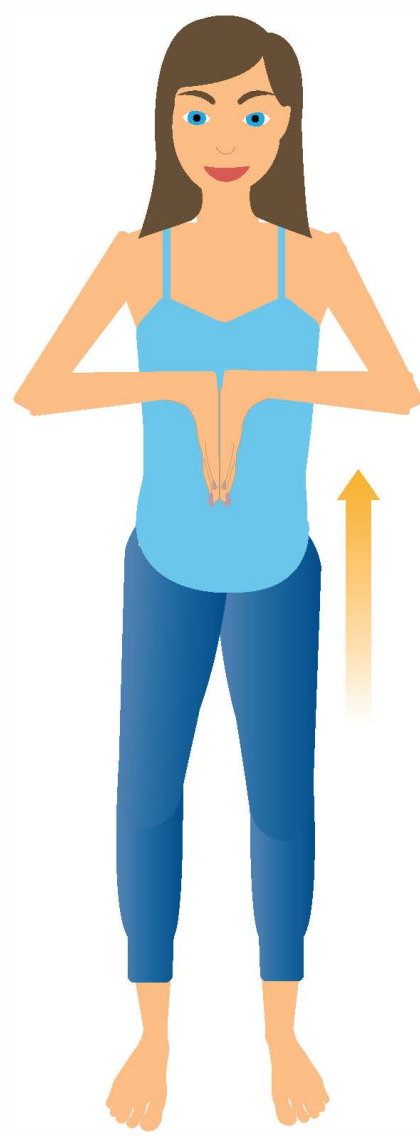
# Get Up Offa That Thing

## • DESK STRETCHES •

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there - wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.



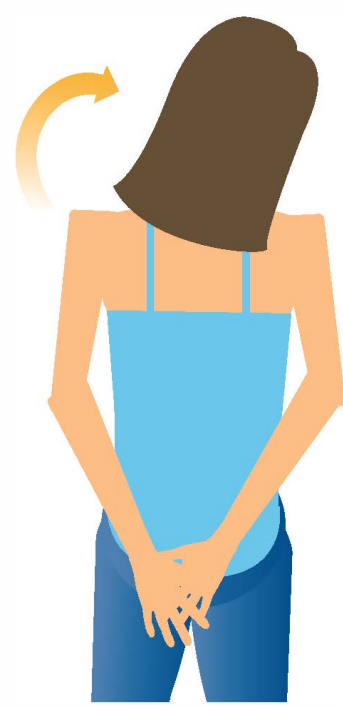
**1**  
**Livin' On A Prayer**  
Palms together, fingers pointing down, pull hands up.  
**10 seconds**



**2**  
**Like A Prayer**  
Palms together, fingers pointing up, push hands down.  
**10 seconds**



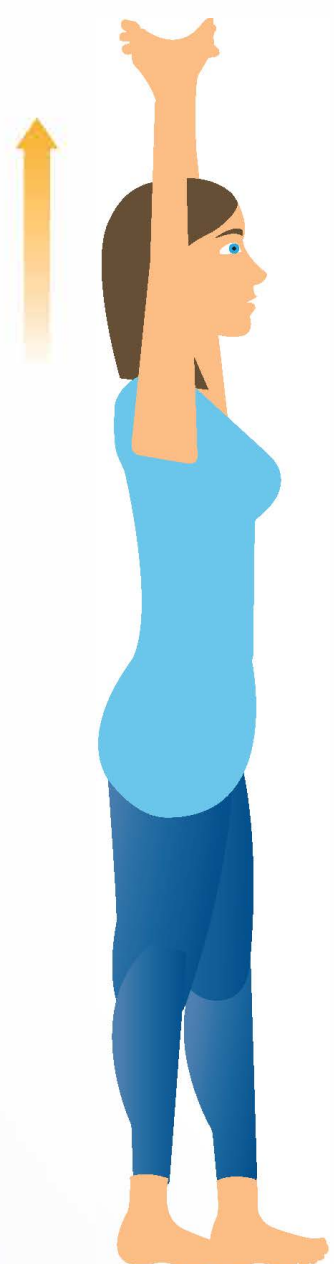
**3**  
**Can't Touch This**  
Hands together, fingers interlaced, extend arms with palms reaching forward.  
**10-20 seconds**



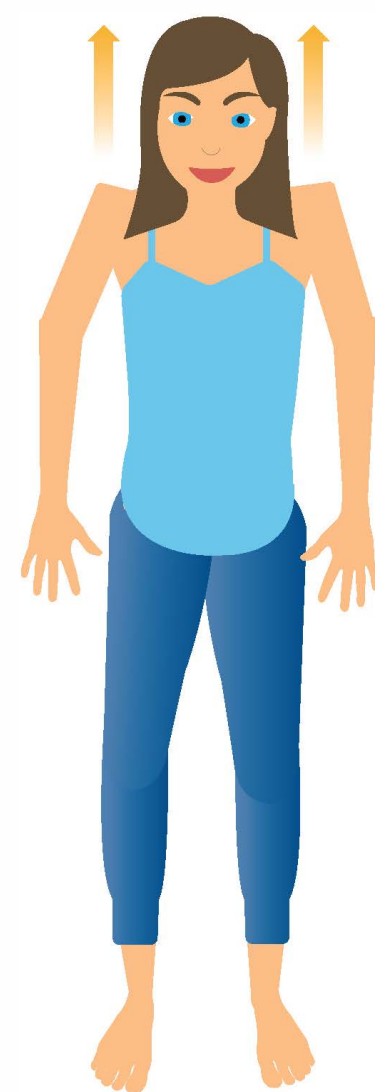
**4**  
**Thriller**  
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.  
**10-12 seconds/side**



**5**  
**Pump It Up**  
Arms above head, grab ahold of opposite elbows, lean side to side.  
**8-10 seconds/side**



**6**  
**Straight Up**  
Fingers interlaced, pull arms over head with palms reaching up.  
**10-15 seconds**



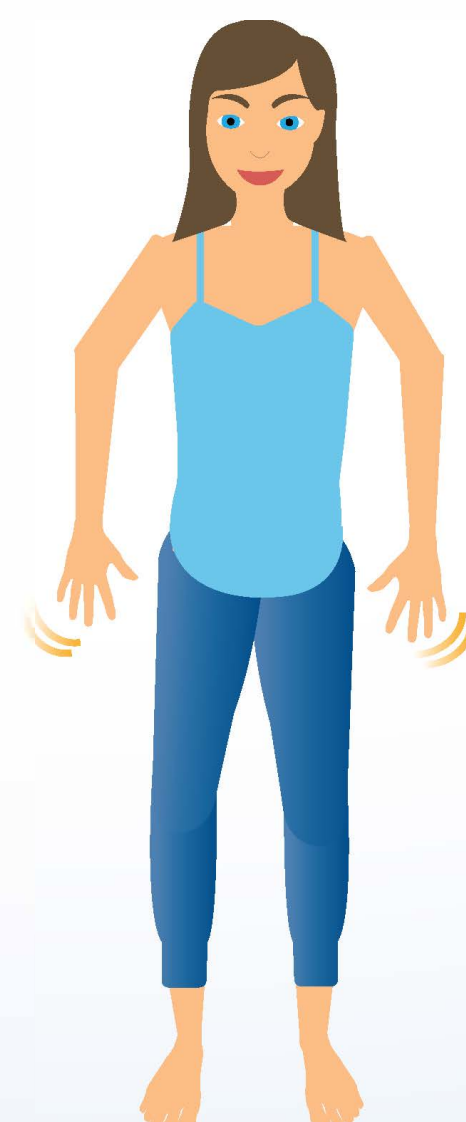
**7**  
**I'm Your Boogie Man**  
Arms at sides, roll shoulders up and back.  
**3-5 seconds. 3 times**



**8**  
**Get Back**  
Sit down, place hands on lower back for support, lean back.  
**10-15 seconds**



**9**  
**The Twist**  
Cross one leg over another, take opposite arm to knee, twist towards open side.  
**8-10 seconds/side**



**10**  
**Shake, Rattle & Roll**  
Arms at sides, shake hands out.  
**8-10 seconds**



**BLUE ZONES PROJECT**  
by sharecare