

STRETCHING @ WORK

Believe it or not, sitting is harder on your body than standing — especially if you sit in the same position for long periods. So take time out at least every hour for this 3-minute, total-body stretch. You'll work better and your body will feel better too.

Either print out these easy exercises or bookmark this page so you can refer to these exercises whenever you need a mini-break. Practice these moves often and this 3-minute routine will soon become a part of your workday. Hold each stretch for 10-20 seconds and remember to breathe

