Exercise at your desk

**TAKE A VISION BREAK**

*Practice these simple exercises to energize tired eyes.*

1. **Refocus your eyes.**
   A. Focus on the farthest object in the distance for 10 seconds. Then close your eyes and take 10 deep breaths.
   B. Shift your vision back to the screen and refocus. Repeat three times.

2. **Stretch your eyes.**
   A. Close your eyes in a relaxed position.
   B. Begin to move your eyes in a clockwise direction slowly and smoothly.
   C. Then move your eyes in a counter clockwise direction slowly and smoothly.
   D. Move eyes slowly and smoothly up, down, side to side and diagonally. Repeat two times.

3. **Rest your eyes.**
   A. Rub your palms together to warm them. Then place palms over closed eyes (not on them).
   B. A warm calming effect will take place for 30 seconds. Also take long, slow, deep breaths.

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**Neck Stretches**

**Chin Tucks**
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tuck in your chin.
- Hold for 5 seconds.
- Release.
- Repeat several times.

**Head Tilts**
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly tilt your head to one side, bringing your ear toward your shoulder.
- Hold for 10-20 seconds. Feel a gentle stretch on the side of your neck.
- Then tilt your head slowly to the other side.
- Repeat 2 or 3 times on each side.
## Neck Stretches cont.

<table>
<thead>
<tr>
<th>Neck Stretch</th>
<th>Neck Flexion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit or stand up straight with your shoulders relaxed. Look straight ahead.</td>
<td></td>
</tr>
<tr>
<td>Slowly turn your chin toward one shoulder.</td>
<td></td>
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<tr>
<td>Hold for 10-20 seconds.</td>
<td></td>
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<tr>
<td>Repeat on other side.</td>
<td></td>
</tr>
<tr>
<td>Do each side twice.</td>
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<tr>
<td>Head is facing forward and shoulders are back.</td>
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<tr>
<td>Slowly bring your chin to your chest gently.</td>
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<tr>
<td>Hold the position for 10 counts.</td>
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<tr>
<td>Repeat 5 times.</td>
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</tbody>
</table>

### Shoulder/Upper Back Stretches

#### Shoulder Shrug
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Lift your shoulders toward your ears until you feel a slight tension in your neck and shoulders.
- Hold for 5 seconds.
- Relax your shoulders into their normal position.
- Repeat 2 or 3 times.

#### Upper Arm Stretches Shrug
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Lift your shoulders toward your ears until you feel a slight tension in your neck and shoulders.
- Hold for 5 seconds.
- Relax your shoulders into their normal position.
- Repeat 2 or 3 times.

#### Arm Stretch
- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Interlace your fingers. Then push your palms up toward the ceiling, stretching your arms up over head. Don't arch your back.
- Hold for 10 to 20 seconds.
Hand Stretches

Finger Fan
- Sit or stand up straight with your shoulders relaxed. Bend your elbows so that your forearms are approximately parallel to the floor.
- Gently stretch your fingers out like a fan. Keep your wrists straight.
- Hold the stretch for 10 seconds.
- Relax, then bend your fingers at the knuckles. Keep your wrists straight.
- Hold for 10 seconds.
- Stretch your fingers out again for 10 seconds.

Wrist Extension
- With your left elbow bent, wrist flexed, palm downward, place your right hand across the back of your left hand.
- Slowly try to straighten your wrist while resisting your right hand. Allow wrist to move through full range of motion.
- Repeat 5 times.
- Change to the opposite hand.

Wrist Flexion
- With your left elbow bent, wrist extended and palm downward, place your right hand across the palm of your left hand.
- Slowly try to bend your left wrist while resisting your right hand. Allow wrist to move through full range of motion.
- Repeat 5 times.
- Change to the opposite hand.
Lower Back Stretches

**Lower Back Stretch**

- Stand with your feet about shoulder width apart. Don’t lock your knees.
- Place your hands just above your hips with your fingers pointing downwards.
- Gently push your palms forward, bending your back at the waist.
- Look straight ahead. Don’t throw your head back.
- Hold a comfortable stretch for 10 to 12 seconds.
- Repeat twice.

**Upper Back Stretch**

- Pull your shoulder blades together in back until you feel a slight tension in your upper back and shoulder blades. Don’t arch your back.
- Interlace fingers behind your head with your elbows out to the side. Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Hold for 8 to 10 seconds, then relax.
- Repeat several times

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