

# EXERCISE AT A STRETCH



We all know the benefits of avoiding prolonged periods of sitting, but what if we simply haven't the time to take a break? Make the most of your desk time with some easy stretching exercises!

Good news: you don't need to go running to get your blood flowing! Those of us looking for a less energetic activity need look no further than the humble stretch. What's more, you don't even have to leave your seat!

The benefits of stretching include:

- Improved posture and blood circulation.
- Reduction of muscle tension.
- Improved mental alertness.

And if you're anything like the cat in our poster, stretching also makes you feel good!

Check out our Healthy Together Victoria website for instructions on how to safely and successfully stretch your back, arms, legs and neck, all from the comfort of your office chair.

<http://www.deakin.edu.au/healthydeakin>