

# 5 Minutes to *Home* Office Fit



Taking just 5 minutes during your work day to move and to stretch can help relieve your posture-related aches and pains. Set yourself a reminder: stand up and vary your posture every 20 minutes. Break it up: for best the results, vary the exercises and do them intermittently throughout the day. Move: when you pause for lunch each day incorporate a walk as part of your break – even a 5 to 10 minute stroll can be beneficial.

## SEATED STRETCH SERIES



# 5 Minutes to *Home* Office Fit

