# Simple Stretches to Boost your Energy at Work

Sitting for long periods of time has been proven to be bad not only for your body but your mind as well. Unfortunately for most of us, our jobs require us to sit for the majority of the day. When you can get your blood flowing, it can help you to stay fresh, boosts energy, and even helps your body work more efficiently. While you may not have the time during your work to get up and move around as often as you should, you can do the following simple stretches at your desk to improve both your body and mind.

## Seated Twist

While sitting in your chair, keep a long, tall spine. Place your right hand along the outside of your left knee. Using your right hand as leverage, twist your upper body to the left. Place your left hand as far right as you can to have something to hang onto while you are turning. As you twist, exhale as you move deeper into the twist and inhale as you ease out of it. Repeat the process on the other side. Repeat two to three times.

## Shoulder/Chest Opener

Sit on the edge of your chair. Reach behind your back and grasp your hands together to open your chest and shoulders. Inhale, noticing how it increases the stretch through your chest, and exhale. Release your hands and repeat two to three times.

## Seated Pigeon

Sitting on the edge of your chair, place your right ankle over your left knee. Make sure that you keep your left foot directly under your left knee. Sit nice and tall. Imagine that a string is pulling the top of your head up towards the ceiling. Hold for 30 seconds, then release. Repeat the stretch two to three times on each side.

## Hip Flexor Stretch

Sitting tends to shorten and tighten your hip flexors, which when tight, often presents with an achy back. Move to the edge of your chair and shift your body to face to the left. Extend your right leg behind you with a straight knee. Lift your sternum while trying to tuck your tailbone under. Repeat on both sides two to three times.

You don’t have to do all of the stretches at once. Every 45 minutes choose a few different stretches to complete. Taking a few minutes throughout the day will boost your energy and your brain and body will thank you.