Get Up Offa That Thing

DESK STRETCHES

Don’t let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don’t have to stay there—wander around the office or take a stroll outside from time to time, too.

These simple steps are sure to help you more naturally into wellbeing.

1. **Loin’ On A Prayer**
   - Stand up straight.
   - Place hands on hips.
   - Hold for 10 seconds.

2. **Like A Pray**
   - Place hands on hips.
   - Lean forward.
   - Hold hands up.
   - Hold for 10 seconds.

3. **Can’t Touch This**
   - Hold hands together.
   - Extend arms forward.
   - Hold for 10 seconds.

4. **Thriller**
   - Stand up straight.
   - Place hands on hips.
   - Bend forward.
   - Hold for 10 seconds.

5. **Pump It Up**
   - Stand up straight.
   - Place hands on hips.
   - Bend forward.
   - Hold for 10 seconds.

6. **Straight Up**
   - Stand up straight.
   - Place hands on hips.
   - Hold for 10 seconds.

7. **Fix Yo’ Beanie Man**
   - Stand up straight.
   - Reach behind back.
   - Hold for 3 seconds.

8. **The Twist**
   - Twist to the left.
   - Hold for 10 seconds.

9. **Shake, Rattle & Roll**
   - Stand up straight.
   - Place hands on hips.
   - Hold for 10 seconds.

10. **Get Back**
    - Stand up straight.
    - Place hands on hips.
    - Hold for 10 seconds.

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