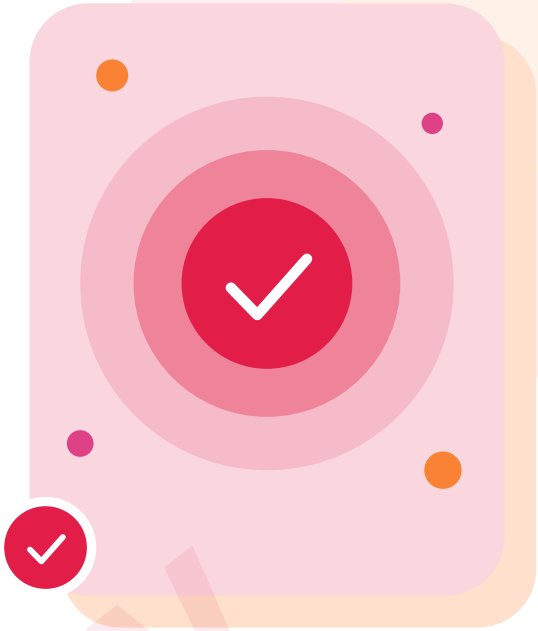
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Stretching Breaks for Desk Workers



Frequent stretching prevents stiffness and improves circulation during desk work. Use this checklist to stay active at your workstation.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 **Set a Timer for Stretch Breaks**

Schedule a 5-minute stretch every hour to stay active. Use phone alarms or apps as reminders.

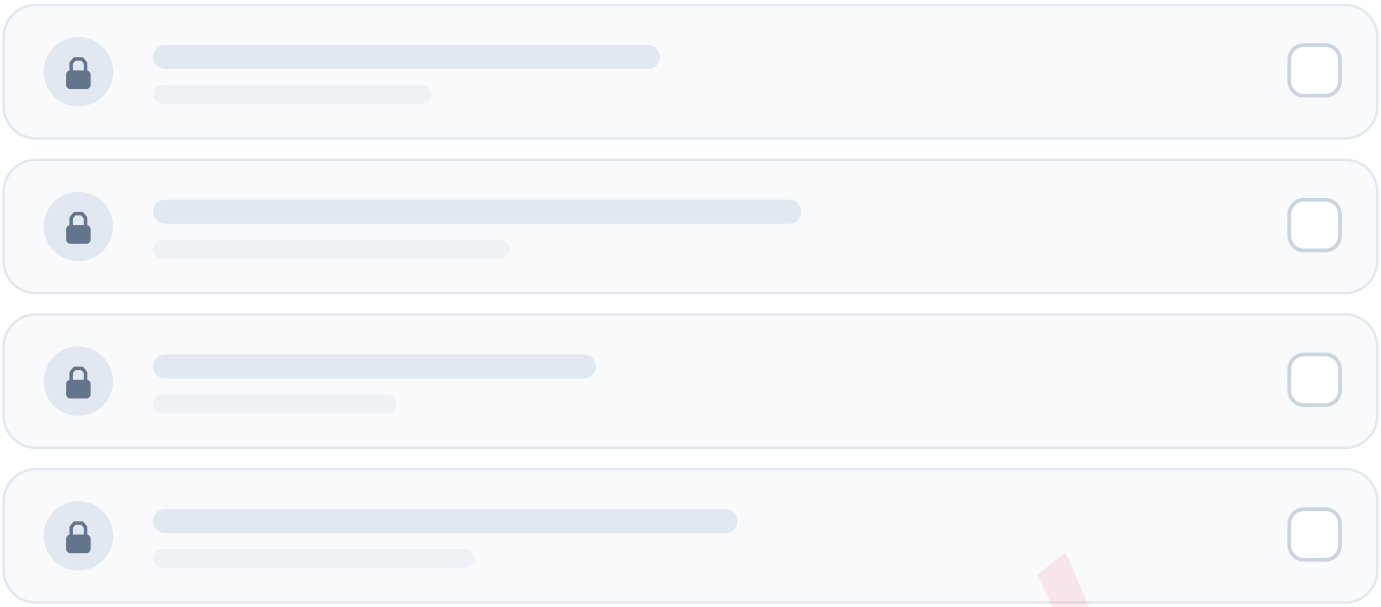
2 **Stretch Your Neck**

Slowly tilt your head side to side, forward, and backward. Hold each stretch for 10–15 seconds to relieve tension.

3 **Roll Your Shoulders**

Rotate your shoulders forward in a circular motion. Repeat the motion backward to release upper body stiffness.

PREVIEW



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