5 MUST-DO DESK STRETCHES

PERFORM 15-30 SECONDS, 2-3 Sets

1. **Neck**
   - Chin to the ceiling.

2. **Wrist**
   - Repeat with fingers down.

3. **Chest**
   - Squeeze shoulder blades together.

4. **Spine**
   - Keep back straight.

5. **Hip**
   - Lean forward for more of a stretch.

For your 21-Day Challenge, add the number of stretch for the given day.

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