Take a Break Stretching and Breathing Exercises

Upper Body Stretches:

* Make a fist, draw it in, then extend and wiggle fingers
* One arm straight in front, palm up. With other hand bend fingers down, pressing palm out
* Bring arms together in back, clasp hands, lengthen through arms
* OR rest hands on the back of hips, bend elbows and draw together, open chest

Back Stretches:

* Seated, bring one hand to the opposite knee, turning towards the side
* With hands on thighs, arch back and tuck stomach. Let head hang low if comfortable

Lower body Stretches:

* Bend one knee and straighten the other. Resting arms on bent leg, lean down into straight leg
* Sitting on the end of the chair, turn to one side. Let outside knee drop down and point towards the floor; let other knee bend to 90 degrees. Gently press forward with hips and back with leg

Neck Stretches:

* Drop ear towards shoulder, switch sides
* Drop chin towards chest

Lion’s Breath:

* Place hands on thighs, inhale deeply through nose
* Exhale through mouth forcefully while opening mouth wide and sticking out tongue

Thanks for attending!

-Katie Birger

UMBC Wellness Initiative