



# 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 stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.



1

### Livin' On A Prayer

Palms together, fingers pointing up, push hands down.

10 seconds



2

### Like A Prayer

Palms together, fingers pointing down, pull hands up.

10 seconds



3

### Can't Touch This

Hands together, fingers interlaced, extend arms with palms reaching forward.

10–20 seconds



4

### Thriller

Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.

10–12 seconds/side



5

### Pump It Up

Arms above head, grab ahold of opposite elbows, lean side to side.

8–10 seconds/side



6

### Straight Up

Fingers interlaced, pull arms over head with palms reaching up.

10–15 seconds



7

### I'm Your Boogie Man

Arms at sides, roll shoulders up and back.

3–5 seconds, 3 times



8

### Get Back

Sit down, place hands on lower back for support, lean back.

10–15 seconds



9

### The Twist

Cross one leg over another, take opposite arm to knee, twist towards open side.

8–10 seconds/side



10

### Shake, Rattle & Roll

Arms at sides, shake hands out.

8–10 seconds



BLUE ZONES PROJECT™  
by HEALTHWAYS

Sponsored by

