

## Neck Stretch

While seated in a chair, grab the bottom of the side of the chair with your left hand. Lean to the right, causing your left shoulder to lower. Take your right hand to pull your head gently towards your right shoulder. You will begin to feel a stretch down the exposed side of the neck. Hold for 30-60 seconds (5-10 deep breaths). Switch sides and repeat.

Frequency: 5 sets each, daily

