Special thanks to our models from UCR Human Resources and to our photographer.

**Models:** Jadie Lee, Mariela Roberts, Scott Biggerstaff, Julie Chobdee, Neal Malik, Leanna Bowles

**Photographer:** Mark Manalang

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**Stretches:**

- **Well@Work Stretches**
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- Gently pull your fingers toward your body
- Leave your palm on the table and gently push up on your fingers
- Push your feet back; make sure your ears are over your shoulders
- Keep your feet pointed toward your hands
- Drop your chin to your chest
- Relax your shoulders and move your ear toward your shoulder
- Keep your feet pointed toward your body
- Relax your shoulders and move your ear toward your shoulder
- Push your palms toward each other
- Gently pull your arm across your body
- Moving your hands forward, try and pull your shoulder blades apart in the back
- Leave your palm on the table and gently push up on your fingers
- Put your thumb on the palm of your other hand and gently lift up your palm while keeping your palm and fingers on the table
- Gently pull the back of your hand toward your body
- Keep your knees straight, keep your back straight, only bend at the hips
- Push your palms toward each other
- Gently pull your fingers toward your body
- Put your thumb on the palm of your other hand, gently stretch your thumb up while keeping your palm and fingers on the table
- Keep your knees right next to each other; one should not be out in front or to the side
- Put your thumb on the palm of your other hand and gently lift up your palm while leaving only your fingers on the table
- Gently pull your fingers toward your body
- Place foot against wall, lean in keeping your back leg straight
- To stretch the inner thigh, place foot on a chair; keep foot on the floor pointed straight ahead
- Keep your toes on the floor and bend your foot up
- Keep your toes in the floor and bend your foot up
- Keep your knees right next to each other; one should not be out in front or to the side
- Gently pull your shoulder blades apart in the back
- Push your chin back, make sure your ears are over your shoulders
- Don’t move your hips, only bend from the waist up
- Gently pull your arms across your body