

# Give Yourself a Break

Taking ergo stretch breaks throughout the day can help reduce muscle tension, relieve discomfort and increase blood flow. **Here are three to try:**

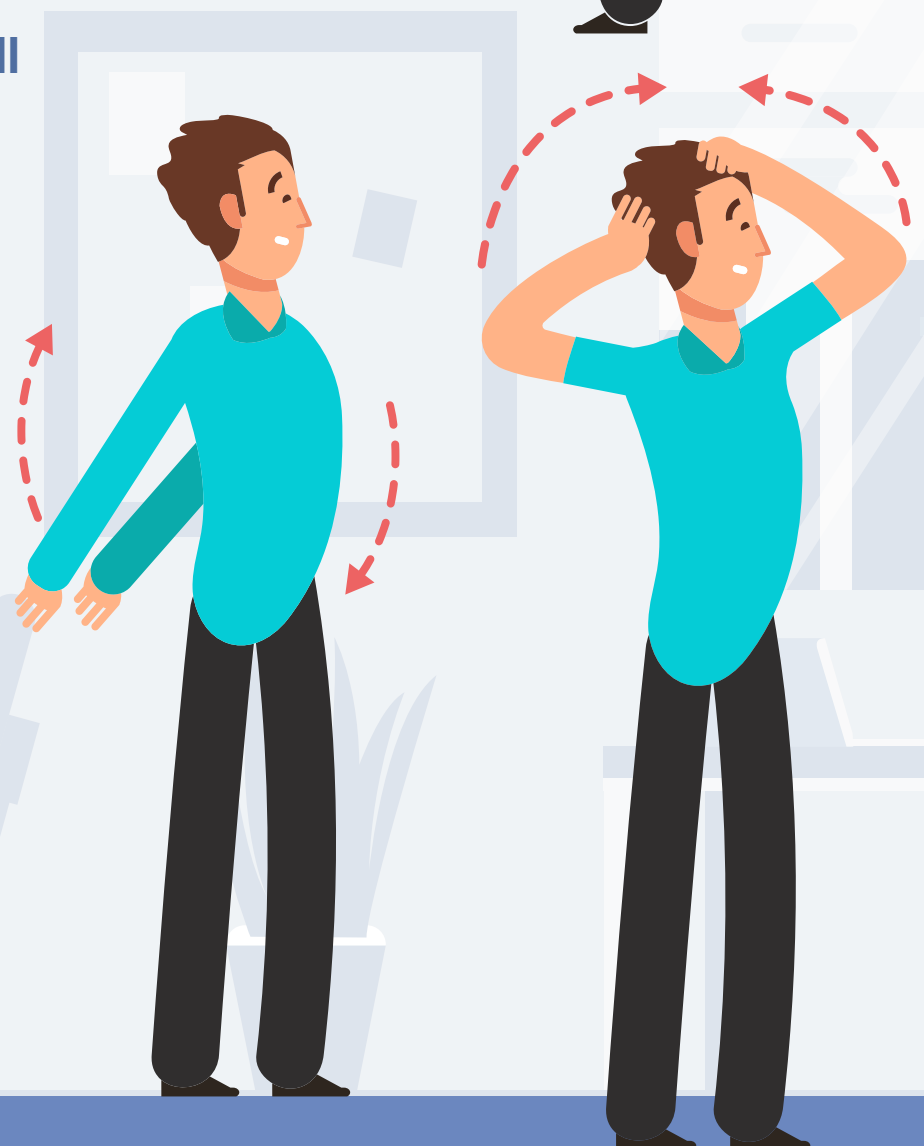
## Hamstring Stretch –

Place one foot forward, knee straight and your heel on the ground. Look up at the ceiling and bend forward at the hips. Then do the same with the other leg.



## Shoulder Stretch –

Hold both hands behind your back and grasp your right wrist with your left hand. **Gently pull on your right arm, while turning your head to the left.** Hold for a count of 10. Then switch arms and repeat.



## Pillar Stretch –

Raise your arms overhead, pushing them behind your head and interlock your fingers. **Keep your elbows straight and hold for a count of 10.**

Whether you sit at a computer all day, lift heavy loads or travel for long periods, make ergo stretch breaks a part of your daily routine.

Source: National Safety Council

For more information, visit [nsc.org](https://www.nsc.org)

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