



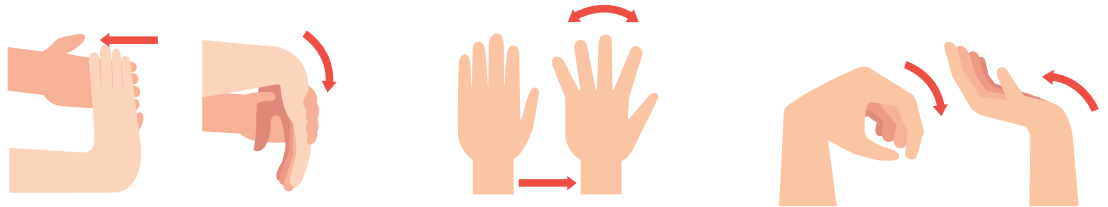
Chignecto Central
Regional Centre for Education

Employee Wellness: Working From Home

Stretching

Take a few minutes to do these stretches and your whole body will feel better. Try a 15-30 second hold of each stretch for 2-3 repetitions.

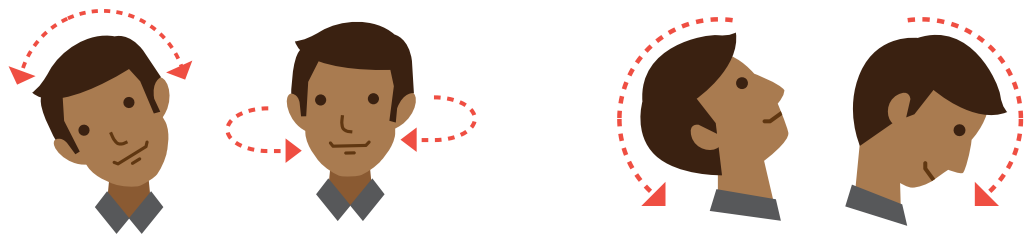
Wrist



Shoulders



Neck



Back



Legs

