

Feeling Good is Less of a S-T-R-E-T-C-H Than You Think!

Stretching regularly helps to reduce muscle tension, increase energy, improve circulation and so **much more!!!**

Eye Breaks and Exercises



Microscope work entails A LOT of intense focus and use of your eyes. To avoid fatigue, headaches and eye strain, try the following stretches and exercises to help keep your eyes in tip top shape.

20/20/20 Rule: 20 Minutes. 20 Feet. 20 Seconds

Every 20 minutes, take a break for at least 20 seconds and look at objects that are 20 feet away from you.

Palming:

First, rub your hands together until they feel warm. Place your cupped hands over your closed eyes. The fingers of each hand should overlap and rest gently on the center of your forehead. If your arms get tired, rest your elbows on a table. Sit quietly for one to two minutes with your hands over your eyes. The more relaxed you become, the blacker the darkness you will see with your eyes closed.

Up Down & Side to Side:

Sit in a comfortable position. Slowly move your eyes up and down, as far as you can, without moving your head or neck. Let your eyes see as far up and as far down as possible without causing strain. Repeat 10 times. Close your eyes and relax. **Next**, slowly move your eyes from side to side, as far as you can, at eye level. Repeat 10 times. Close your eyes and relax.

Eye Squeeze:

Squeeze your eyes shut as hard as you can and hold them closed for three seconds, then quickly open them wide. Blink a few times and repeat five times. This exercise helps your eye muscles to relax and can help ease eyestrain.

Don't Forget to Get Your Eyes Examined Each And Every Year!

Body Stretches



Neck Stretch

Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.



Back & Side Stretch

Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.



Shoulder Stretch

Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 7 – 10 seconds. Repeat with your left arm.



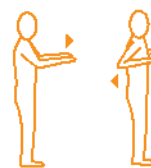
Upper Back Stretch

Interlace your fingers and then straighten out your arms in front of you. Your palms should be facing away from you as you do this stretch. Bow the head down and let your upper back round out. Hold for 10 – 15 seconds. Rest. Repeat.



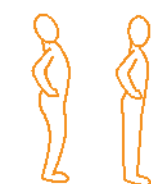
Prayer Stretch

Put your fingers and palms together in the "prayer" position. Lower your hands until you feel a stretch along the bottom of your forearm. Release and reverse prayer with the backs of your hands facing each other and your fingers pointing to the floor.



Shoulder Squeezes

Stand with your arms out by your side as shown. Gently bring the elbows back and squeeze the shoulder blades together. Do 2 sets of 10



Back Arch

Place your hands on your hips and place your feet hip width apart. Gently lean back pointing your face up towards the ceiling. Hold for 3 – 5 seconds and then return back to neutral.



Whole Torso Stretch

Stand with your arms by your side. Slowly lift your arms overhead and lean your weight on your right foot and extend your left foot out. Stretch up as far as you can go. Hold for 5 seconds. Repeat but this time lean your weight on your left foot.



Quads

Standing at desk or chair, grab on leg at a time by foot or ankle and bend your knee until you feel a stretch in your quadriceps muscle. Switch legs and repeat.



Hamstrings

Place one leg at a time on chair (be careful if your chair has wheels) or stool or floor. Slowly bend at your hips and bring your torso towards the extended leg. Keep your back straight. Slowly straighten up. Switch legs and repeat.