

MICROBREAKS TO THE RESCUE!

To keep working at our best, we must keep our bodies well oiled, moving correctly, and maintained. Microstretches are used to get back in the game - not to power down! Would an athlete on the sidelines run back into a game without a proper warm up? Nope. And neither should you!

How Long Should We Stretch?

Most stretches are at their peak effectiveness when we hold them for 20-40 seconds. However, even a few seconds is better than no seconds! If you have a full 20 seconds use it! If you only have 5, make the most of it.

How Often Should We Stretch

The most effective stretch is the one you do most often! Pick 1-2 stretches that help you the most and focus on those in short spurts throughout your day. Each day may be different - you could be stiffer in one spot on Monday and another on Tuesday. Listen to your body and stretch where you need it most.

Do I need a stretching space or a yoga mat?

Not for the kind of stretching we are talking about! The microbreaks we educate on are stretches meant to do *at your workstation between tasks*, not take you away from your focus.

What if you need help deciding ?

That's the best part! Reach out to your Work Right Injury Prevention Specialist and they can give you a handful of microstretches you can do throughout your work day at your workstation to keep you efficient and mobile.

