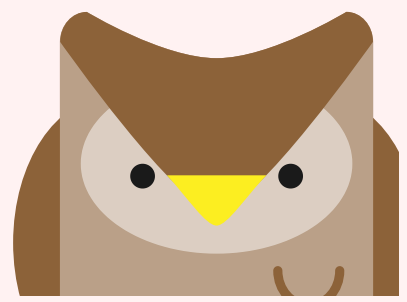


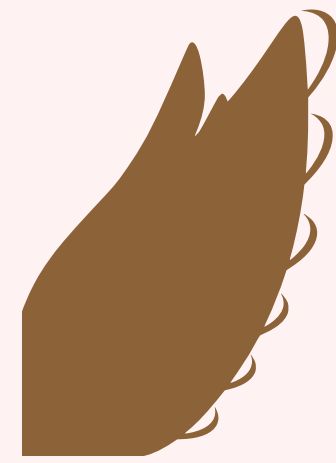
OWL OFFICE STRETCHES

WHETHER YOU ARE WORKING FROM HOME OR DOING VIRTUAL LEARNING, STRETCHING IS MORE IMPORTANT NOW THAN EVER. ADD SOME LIGHT STRETCHES INTO YOUR ROUTINE AND ALLOW SOME STRESS TO FLY AWAY.



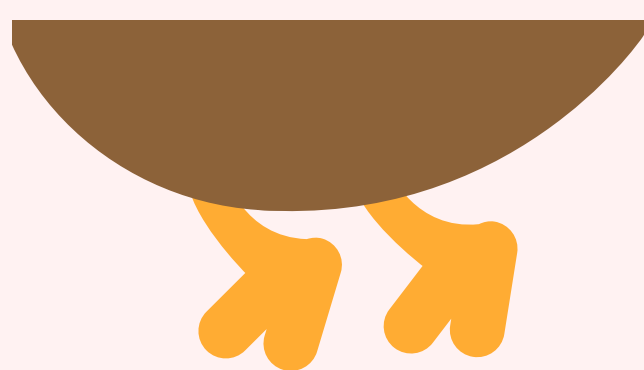
NECK

SIT OR STAND WITH GOOD POSTURE. BRING YOUR HEAD TOWARDS YOUR SHOULDER. BREATHE WHILE YOU LENGTHEN YOUR NECK. STRETCH THE OTHER SIDE. END BY GENTLY ROLLING YOUR HEAD IN A CIRCLE.



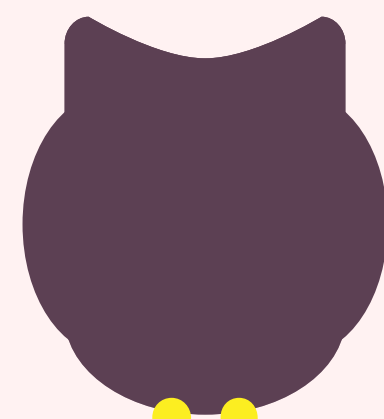
ARMS

BRING ONE ARM ACROSS THE BODY AND HOLD WITH THE OTHER HAND. ROLL YOUR SHOULDERS DOWN AND BACK. REPEAT ON BOTH ARMS. END BY BRINGING BOTH ARMS OVERHEAD AND REACHING TALL.



LEGS

MOVE TO THE EDGE OF YOUR CHAIR AND MAINTAIN BALANCE. EXTEND ONE LEG WHILE BENDING THE OTHER FOR SUPPORT. FEEL THE STRETCH IN THE BACK OF STRAIGHT LEG. REPEAT ON BOTH LEGS. TURN SIDEWAYS IN YOUR CHAIR SO ONE LEG IS ON THE SEAT AND THE OTHER IS FREE. WITH THE FREE LEG, POINT THE KNEE TO THE FLOOR TO FEEL A STRETCH IN YOUR HIPS.



BACK

SIT IN YOUR CHAIR AND PUSH YOUR SEAT BACK SO YOUR HANDS ARE ON YOUR DESK. LOOK TOWARDS THE FLOOR AND OPEN YOUR CHEST. ADD A TWIST BY GENTLY PLACE A HAND ON YOUR HEAD WITH THE OTHER ON THE DESK. OPEN THE ELBOW TO THE CEILING AND THEN POINT BACK TO THE FLOOR AS YOUR ROTATE. REPEAT ON OTHER SIDE.