PEHP Health & Benefits

PEHP Wellness

Workout Warrior

Hello Warriors!

Welcome to this month's challenge "Simple Stretching," where we will discuss the importance of taking time throughout the day to stretch and move. While many of us are still busy working from home, spending too many hours hunched in front of a computer can create tension and pain in the neck and shoulders making work harder than it needs to be. Taking some time each day and stretching out tension in the neck and shoulders can prevent further pain, discomfort and even possible injury. It is also important to maintain proper posture – the way we sit in our desk everyday makes a big difference in how our bodies feel after a day at work. Using good posture can help decrease stress on the spine, help prevent muscle fatigue, and keep our bones and joints in proper alignment which reduces the likelihood of pain and injury down the road.

So, this week we challenge you to be mindful of your posture along with making time to stretch out the neck and shoulders at least 3 days a week. Check out this 10 minute yoga video.

If you have questions, email the moderator of this challenge at

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