

## Simple Stretches

Stretching is a great way to loosen up muscles, ease pain, and improve joint mobility. It's so important, that some of us here at GSSSI make it our new year's resolution every year just to stretch more! In honor of National Stretching Day on December 11th, I wanted to share some simple stretches you can do from the comfort of a chair. Please note, if you have a chronic condition or an injury, you may need to adjust your stretching techniques. Talk to your doctor or physical therapist about the most appropriate way to stretch if you have any health concerns. For more stretches, or videos on how to do these stretches, visit [silversneakers.com](https://www.silversneakers.com)

### Seated Stretch #1: Ear to Shoulder

Sit tall in a chair with your feet flat on the floor. Let your arms hang at your sides with your shoulders down and relaxed. Without rotating your head, drop one ear toward that side's shoulder. Go as far as you can without straining or lifting your shoulder. Hold for 15 seconds, taking slow, deep breaths. Switch sides and repeat. Do two or three 15-second holds on each side.

### Seated Stretch #2: Chin to Chest

Sit tall in a chair with your feet flat on the floor. Lace your fingers behind your head, then gently pull through your arms as you lower your chin toward your chest. Hold for 15 seconds, taking slow, deep breaths. Do two or three 15-second holds total.

### Seated Stretch #3: Cross Chest

Sit tall in a chair with your feet flat on the floor. Cross one arm in front of your chest and place your opposite hand on your upper (crossed) arm for support. If it feels good, you can gently apply pressure to your arm to increase the stretch. Hold for 15 seconds, then switch sides and repeat. Do two or three 15-second holds per side.

### Seated Stretch #4: Overhead Triceps

Sit tall in a chair with your feet flat on the floor. Raise one arm overhead and bend your elbow to lower your palm between your shoulder blades, as far as you comfortably can. Place your opposite hand on your raised elbow for support. If it feels good, you can gently press on your elbow to increase the stretch. Hold for 15 seconds, then switch sides and repeat. Do two or three 15-second holds per side.

### Seated Stretch #5: Active Shoulder Rolls

Sit tall in a chair with your feet flat on the floor. Let your arms hang at your sides. Squeeze your chest to press your shoulders forward, then raise your shoulders up toward your ears. Next, squeeze your upper back to pinch your shoulder blades together, then pull your shoulders down to finish the circle. Repeat, this time moving in the opposite direction. Do two or three slow shoulder rolls in each direction.

