

# AFTER SITTING

## APPROXIMATELY 4 MINUTES

This is a series of stretches to do after sitting for a long time. The sitting position causes the blood to pool in the lower legs and feet, the hamstring muscles to tighten up, and the back and neck muscles to become stiff and tight. These stretches will improve your circulation and loosen up those areas that are tense from a prolonged period of sitting.

**1**  
Walk a bit  
for 2–3 minutes

