

**Mayo Clinic Minute: The importance of stretching throughout your workday**

Sedentary behavior, including sitting for long periods of time, can contribute to adverse health effects, such as obesity, diabetes and heart disease.

**Video**

**Audio**

	Whether you're working in an office or from home, Dani Johnson, a wellness physical therapist, suggests taking breaks every 30–45 minutes throughout your day to do some simple stretches.
<b>Dani Johnson Wellness Physical Therapist Mayo Clinic</b>	"Our bodies can get stiff. You know, we're always kind of in this hunched over position when we're at our desks and working, so we really want to open up our chest."
	"One way to do that is just by doing some simple shoulder rolls, so just bringing the shoulders back and down."
	"Another really great activity you can do using a wall is just coming to the wall, putting the back of your hands up on the wall, and just sliding your hands up and down, nice and slow."
	Dani says your desk can be a great exercise tool.
	"Simply by putting your hands on the desk and stretching out, so you're moving your bottom back, bringing your arms forward."
	Whether you try one of these stretches, or simply, take a break to go for a walk, Dani says all movement counts.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.