



Turtle

Target: neck muscles

This exercise is designed to reverse the effects of “forward” head, a common result of sitting in front of a computer for hours. You can also try this stretch standing with proper posture.

STARTING POSITION: Sit with proper posture in a stable chair. Pretend you’re holding an apple under your chin, or keep your chin parallel with the floor. Inhale deeply.

1. While exhaling through your lips, push your chin forward.
2. Now inhale through your nose and slowly pull your head back to the starting position. The focus of this exercise is to pull the head back.

Repeat this move as many times as feels comfortable.

