Stress triggers body's "fight or flight" response and the body tenses up. This bodily stress builds up without our realizing it, creating physical and mental stiffness. Stretching interrupts the defensive response and provides relief to the tense body. When we want the body to be ready to perform, exercises make clear and well communicated pathways from the brain to the muscles, so that maximum performance can happen.

The following exercises can be done almost anywhere. Try to do them frequently to boost your energy.

1. Finger Curl : Make a fist with each hand keeping thumbs out straight. Then release the fists slowly by pulling the fingers up. Repeat 3 – 5 times.
2. Wrist stretch : Slowly bend wrist down – hold for 3-5 seconds, feel the stretch and relax slowly. Then bend the wrist upwards – hold for 3-5 seconds, feel the stretch and relax slowly. Repeat 3 times for each hand.
3. Arm Stretch : Sit at your desk with elbows on table – put palms together – slowly lower wrists to touch the table until you feel stretch – hold for 5 seconds – repeat 3 times
4. Shrug : Pull shoulders up towards ears – hold for 3-5 seconds – Relax. Repeat 3 times.
5. Side stretch: With feet flat on the floor reach arms above head and interlace fingers --- press arms back as far as possible – hold for few seconds – lean slowly to one side – hold for few seconds – return upright. Repeat on the other side.
6. With arms lifted up and behind your ears lean back while standing on one foot, and pointing the other foot in the same angle of the upper body. Do this twice for both feet, holding 5 to 7 seconds on each foot
7. Standing in place, simply lift your hands up and pretend to pull down on a bar. Repeat Five to 7 times.
8. Lifting the knee at a 90 degree angle, hold it up front for about 5 seconds, then while maintaining the 90 degree bend of the knee, shift it back. Do this for each leg, twice