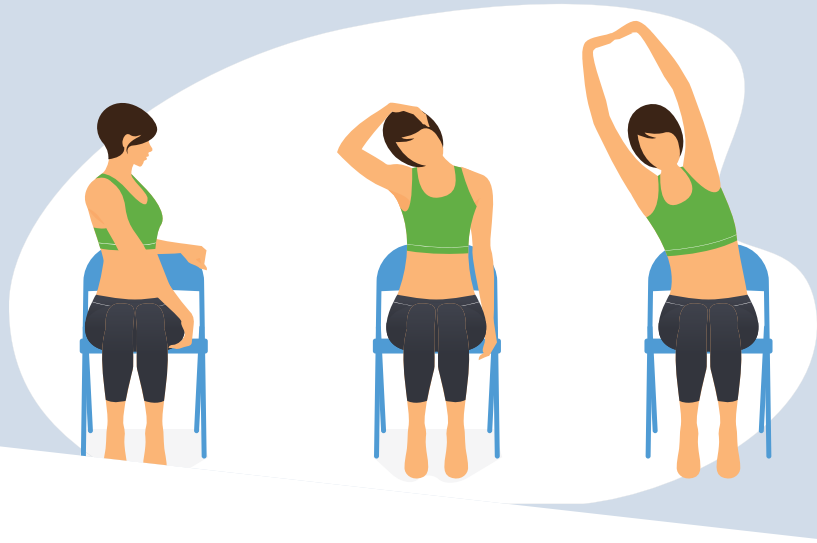


December 2025

Benefits News



At-Home Exercises for Common Problem Areas

This document is part of the PEBB December Newsletter, Muscle and Bone (Musculoskeletal) Health. To access other resources, visit the [News and Events](#) page.

Moving your body every day is important, especially if you spend a lot of time looking at a screen with poor posture. Regular physical activity and stretching can help you feel better.

See the next page for helpful activities and exercises to help prevent pain and better manage existing conditions including:

 Neck pain	 Elbow pain	 Hip pain
 Back pain	 Jaw pain	 Wrist pain
 Shoulder pain	 Knee pain	 Stretching and general MSK exercises



Stretches You Can
Do at Your Desk



Chair Yoga



Physical Therapy
Exercises



Musculoskeletal
Exercises

Sources:

- [Healthline](#)
- [National Institutes of Health | Division of Occupational Health and Safety](#)
- [@SeniorShape Fitness](#)
- [Cornell Health](#)