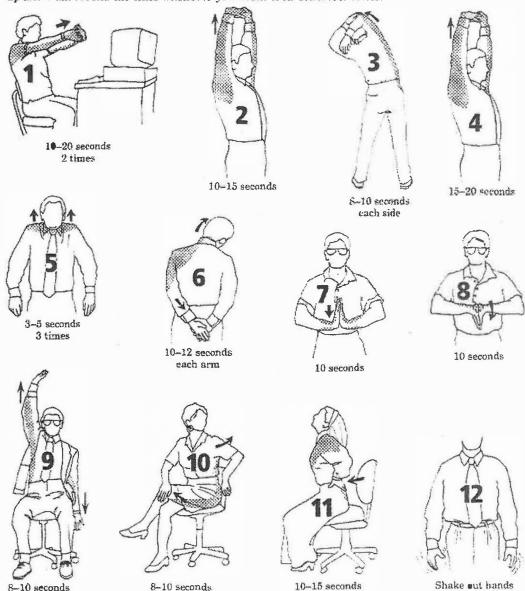
## **Computer & Desk Stretches**

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day. or whenever you feel stiff. Photocopy this and keep it in a drawer, Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



each side

each side

2 times

10 seconds