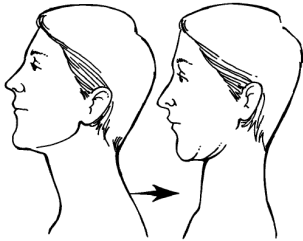


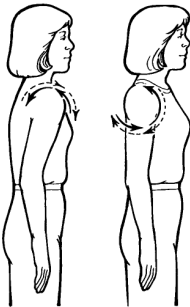
Computer work Office exercises



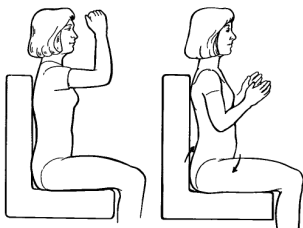
1. Begin sitting or standing naturally
2. Tuck your chin in and pull your head straight back keep your eyes level
3. Hold for 3 seconds
4. Repeat intermittently through the day



1. Sit or stand with hands behind neck as shown
2. Bend neck and shoulders backward until a stretch is felt
3. Hold 3 seconds
4. Repeat intermittently through the day



1. Begin with shoulders relaxed
2. Slowly rotate shoulders backward
3. Repeat for one minute several times a day



1. Sit in straight backed chair
2. Rotate tailbone backward/upward and arch your back as shown
3. Relax and slouch your back then repeat
4. Repeat, intermittently through the day



Stand up from your desk and stretch, upwards and backwards at least twice an hour

