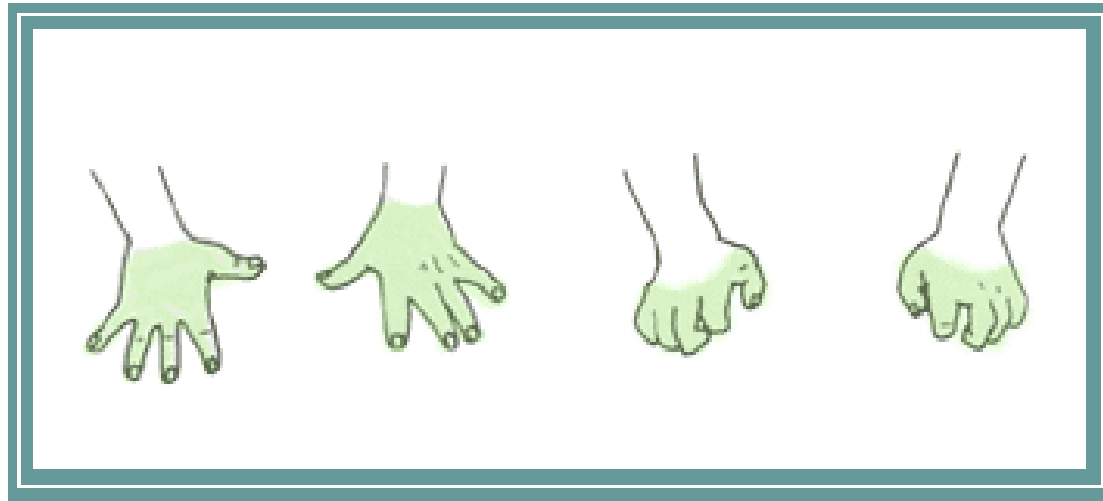


Stretches

You can perform the following stretches at work throughout your day. These stretches can help energize your body and relieve muscle tension.

Hand Stretches



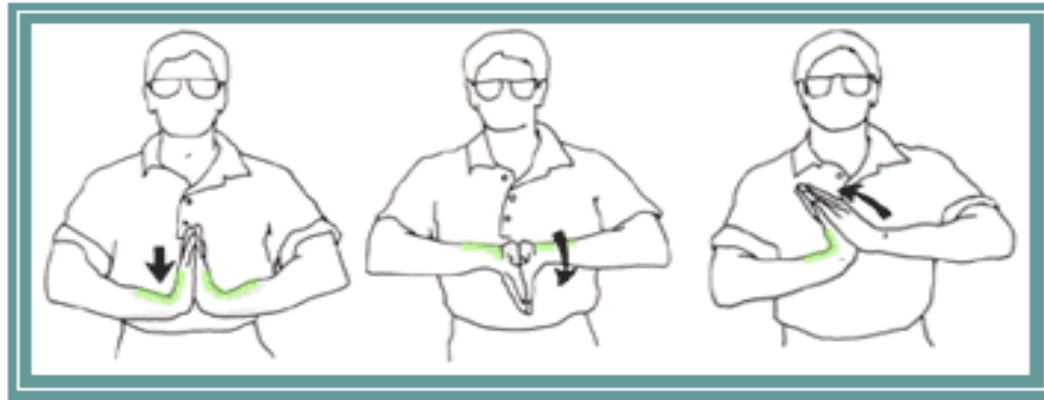
Separate and straighten your fingers until the tension of a stretch is felt.

Hold 10 seconds.

Relax, then bend fingers at the knuckles and hold 10 seconds.

Repeat the first stretch once more.

Wrist Stretches



Place your hands palm-to-palm in front of you.

Move hands downward, keeping your palms together, until you feel a mild stretch.

Keep elbows up and even.

Hold 5-8 seconds.

Back Stretches

- Lean forward to stretch.
- Keep your head down and your neck relaxed.
- Hold 10 - 20 seconds.
- Use your hands to push yourself upright.



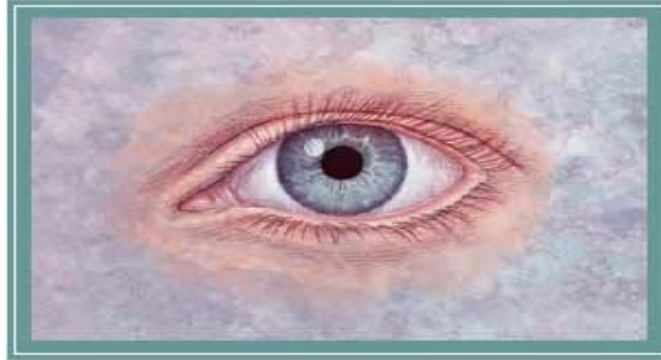
Back Stretches



- Stand with hands on your hips.
- Gently turn your torso at the waist and look over your shoulder until you feel the stretch.
- Hold 8 - 10 seconds.
- Repeat to other side.
- Keep your knees slightly flexed.
- Do not hold your breath.



Eye Stretches



Palming

Cover your closed eyes with your hands, so that the palms are over (but not touching) your eyelids. Your fingers should overlap above your nose on your forehead.

Take several deep breaths and take in the complete darkness (or visualize a relaxing setting).

After 20 seconds or so, uncover your eyes and allow them to refocus.



Eye Stretches

Refocus Routine

If you regularly work with your computer, you should periodically look away to allow your eyes to change focus. This exercise should be repeated regularly throughout the day. Here's how to do it:

Identify two objects that are roughly 20 feet away and relax.

Comfortably focus on one object for approximately 10-15 seconds, then focus on the other object for 10-15 seconds.

Return your focus to your monitor and continue working.



Shoulder & Arm Stretches



- Interlace your fingers behind your back, palms facing your back.
- Slowly turn your elbows inward while straightening your arms until a stretch is felt.
- Lift your breast bone slightly upward as you stretch.
- Hold 10 seconds.



Neck Stretches

- Slowly lower your neck to one shoulder, keeping that shoulder down.
- Hold 5-10 seconds.
- Do both sides.

