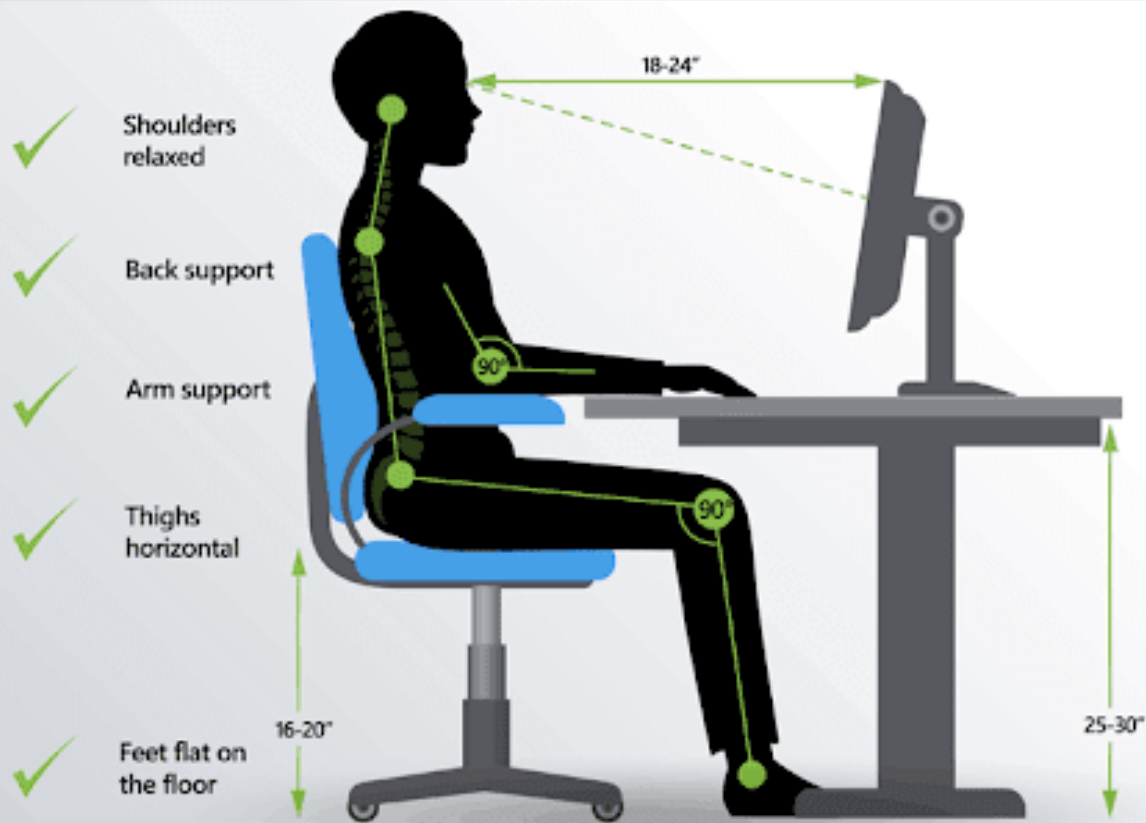


# Proper Sitting Posture/ Distances

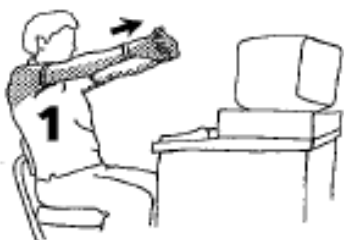


Ergonomic Trends

# 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!



10-20 seconds  
2 times  
(page 90)



10-15 seconds  
(page 46)



8-10 seconds  
each side  
(page 44)



15-20 seconds  
(page 46)



3-5 seconds  
3 times  
(page 46)



10-12 seconds  
each arm  
(page 47)



10 seconds  
(page 89)



10 seconds  
(page 89)



8-10 seconds  
each side  
(page 88)



8-10 seconds  
each side  
(page 60)



10-15 seconds  
2 times  
(page 46)



Shake out hands  
8-10 seconds  
(page 89)