

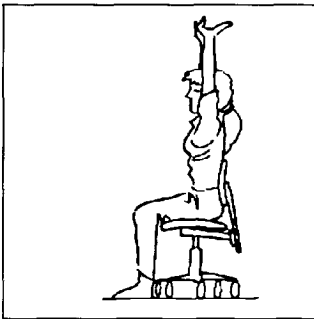
The computer user's workout

Do these exercises slowly and smoothly. Stretch and hold for a few seconds, then relax and repeat.

You can do five or six repetitions of an exercise in about thirty seconds. This means all the exercises can be done in a comfortable five-minute routine.

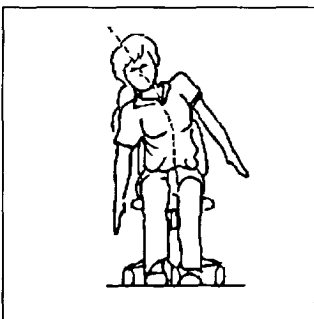
Remember not to hold your breath. Exhale as you bend, twist or stretch.

Do the exercises when you feel the need. Don't wait for coffee break. Push back your chair, relax and start your active rest.



Tall stretch

Interlock fingers, palms up. Stretch arms above the head until they are straight. Do not arch the back.



Side Stretch

Drop left shoulder, reaching left hand towards the floor. Return to starting position. Repeat on right side.