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!

1. 10–20 seconds
   2 times
2. 10–15 seconds
3. 8–10 seconds each side
4. 15–20 seconds
5. 3–5 seconds
   3 times
6. 10–12 seconds each arm
7. 10 seconds
8. 10 seconds
9. 8–10 seconds each side
10. 8–10 seconds each side
11. 10–15 seconds
    2 times
12. Shake out hands
    8–10 seconds

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