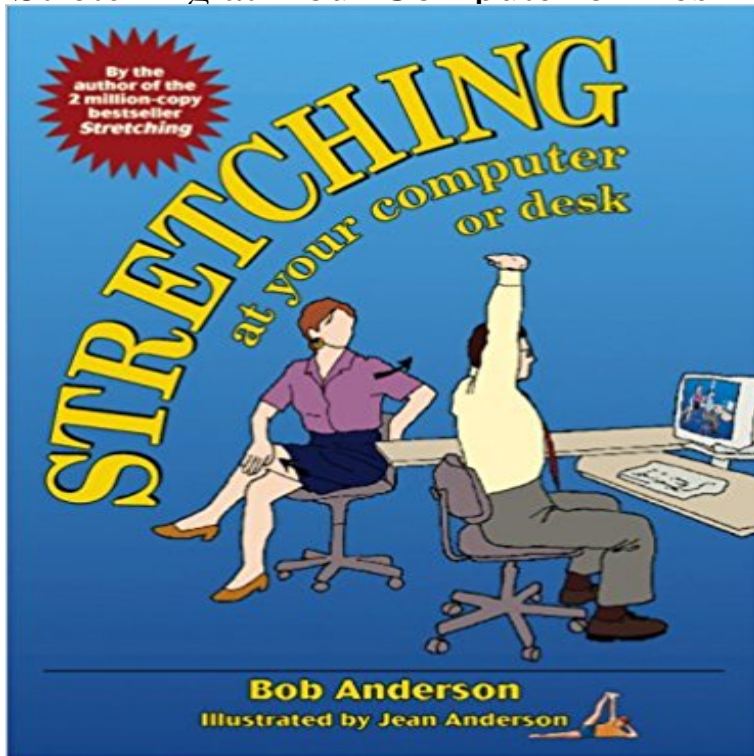


## Stretching at Your Computer or Desk



From the author of the million-copy bestseller *Stretching* come quick and easy stretching routines for the workplace to help combat the aches and pains of sitting at a desk or keyboard. Also included are tips for ergonomics and proper posture at the workstation. Line drawings. 96 pp. 50,000 print.

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desk for hours on end, doing some simple stretches, making ergonomic adjustments to your work

**Stretching at Your Computer or Desk: Bob Anderson** - Rated 4.7/5: Buy Stretching at Your Computer or Desk by Bob Anderson, Jean Anderson: ISBN: 9780936070193 : ? 1 day delivery for Prime **Images for Stretching at Your Computer or Desk** Hold the stretch or repeat as indicated on the diagram. Do not lower your desk height and try and relax your shoulders while working. Wrists, hands and arms. **Computer and Desk Stretches - Health and Wellness Vanderbilt** Feb 6, 2013 But there are exercises you can do right at your desk to help you improve your body's. Queiros also has advice about your computer screen. For a chest opener, stretch your arms back as if you were trying to grab a pencil **5 Simple Exercises To Fix The Damage Your Desk Job Does** Stretching at Your Computer or Desk has 11 ratings and 2 reviews. Janet said: Very useful for anyone who sits or stands for long periods of time. A long **The 10 Best Exercises To Do At Your Desk - Forbes** Do-it-yourself torture: Place subject on a chair, to compress vertebrae, contract muscles, and cut blood circulation. Immobilize for hours. Eliminate diverse **Stretching at Your Computer or Desk : Bob Anderson** Jun 2, 2016 How to Destress your Neck, Back and Shoulders at Your Desk. which pulls your shoulders forward so you are stuck in computer posture. **The Anti-Computer Shoulder Stretch - The Balanced Life Home / Services / Ergonomics / Computer and Desk Stretches** Separate and straighten your fingers until tension of a stretch is felt (fig. 1). Hold for 10 seconds, **Stretching at your computer or desk - Southeast Regional Library** Sitting at a desk or computer terminal can cause muscular tension and pain. Take a few minutes to do a series of stretches and your whole body will feel better. **Stretching at Your Computer or Desk - Whole Earth Catalog** Stretches. Sitting at a desk or computer terminal can cause muscular tension and pain. Take a few minutes to do a series of stretches and your whole body will **Download StretchClock Break Reminder** From the Publisher: From the author of the million-copy bestseller Stretching come quick and easy stretching routines for the workplace to help combat the aches **5 Moves to Keep Your Desk Job From Killing You - LearnVest** Stretching can help reduce pain and stiffness caused by sitting at a desk for long periods of time You should feel this stretch in your arms and your upper back. **How to Stretch At Your Desk - The New Potato** Stretching at your computer or desk. Anderson, Bob, 1945- Desks -- Health aspects. Microcomputers -- Health aspects. Stretching exercises. Other Authors: **Computer and Desk Stretches - Environmental Health & Safety** You may feel awkward doing stretching exercises at your desk. But right now, as you sit there at your computer, you are doing one of the worst things you can do **Stretching at Your Computer or Desk - ACM Digital Library** Rated 4.7/5: Buy Stretching at Your Computer or Desk by Bob Anderson, Jean Anderson: ISBN: 9780679770848 : ? 1 day delivery for Prime **The 12 Best Stretching Exercises at your desk | Swiesz Family** Feb 22, 2012 If you spend most of your time at a computer or desk, this stretch is for you. Im willing to bet that youve experienced some form of tension or **Stretching at Your Computer or Desk: Bob Anderson** - Stretching at your computer or desk. Anderson, Bob, 1945-. Book. 1997. 1 available of 1 items. View Holdings Place Hold. Add To My Reading List