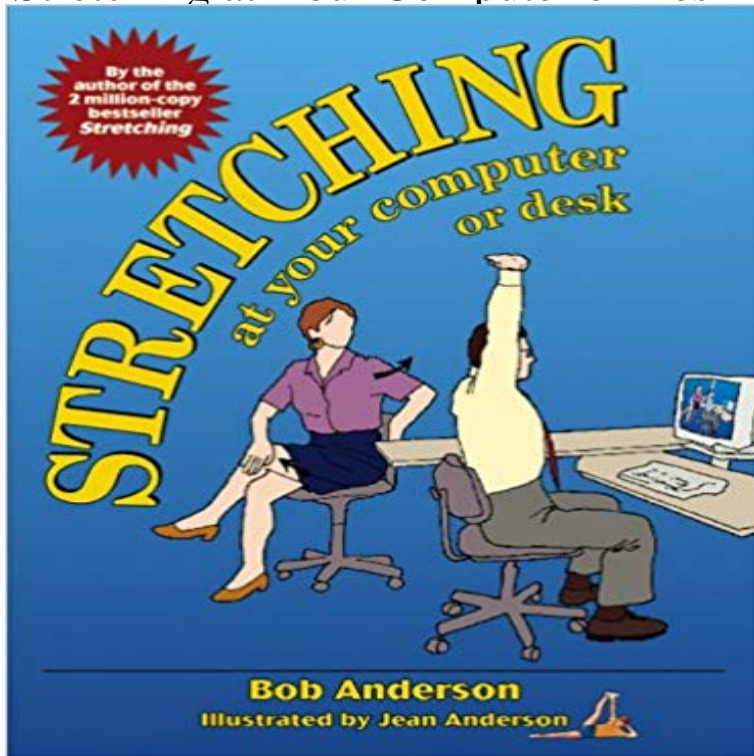


Stretching at Your Computer or Desk



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

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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

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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

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