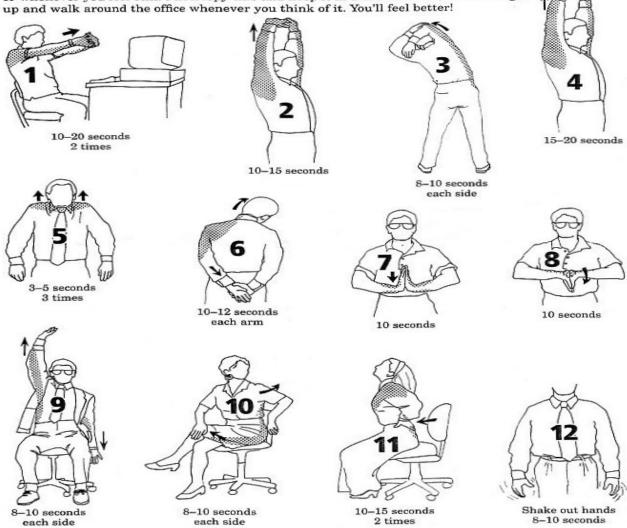
Computer & Desk Stretches Approximately 4 Minutes

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



Stretching @ 2000 by Bob and Jean Anderson. Shelter Publications, Inc.