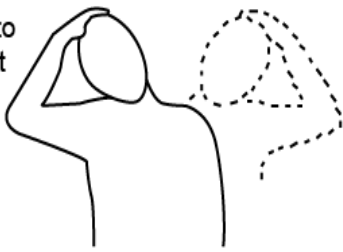


TAKE A BREAK!

Most workers can avoid prolonged sitting and be healthier just by getting up and moving for a few minutes every hour. In fact, some ergonomists say, “The best posture is the next posture.”

Stretching improves flexibility and reduces tightness. Stretch slowly and gently; don’t force a muscle to stretch. Take deep, relaxing breaths when stretching.

Slowly tilt head to left side to stretch muscles on the right side of the neck. Hold for 8-10 seconds. Then switch to right side. Do 2-3 times to each side.



Gently tilt your head forward to stretch the back of your neck. Then slowly tilt upward and hold 8-10 seconds. Repeat 2-3 times.



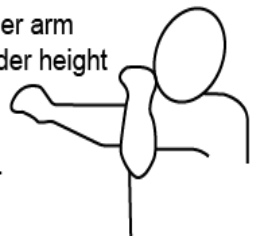
Interlock fingers, and then straighten arms forward and your palms facing away from you. Hold for 10-15 seconds. Do 2-3 times.



Hold right elbow with left hand, then gently pull elbow behind head until easy tension stretch is felt. Hold 10-15 seconds. Repeat for other side.



Grab under your right upper arm and pull that arm at shoulder height towards your chest. Hold for 10-15 seconds. Repeat for other shoulder.



Place your palms on lower back and gently stick out your chest while tilting head back. Hold for 10-15 seconds. Repeat twice.



Cross your leg over the other. Twist at waist and grab the backside of the chair where seated. As you do this look over your shoulder to get the stretch. Hold for 10-15 seconds. Repeat for other side.



Bend to your side and hold for 10 seconds. Repeat on other side.



Stretch fingers apart, hold for 5 seconds. Then make a fist and hold for 5 seconds. Repeat 2-3 times.



Roll your wrist clockwise then counter clockwise. Do 10 times for each direction.



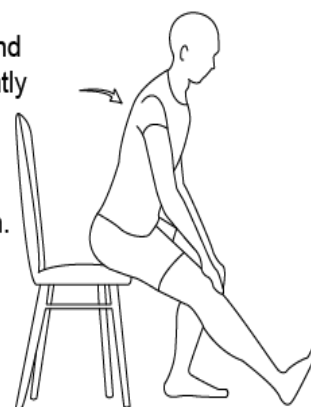
Straighten your right arm with the fingers facing down. Then, use your left hand to gently pull back your right hand fingers until you feel a stretch. Hold for 5-10 seconds. Repeat with fingers facing upward. After that, switch to the other hand.



In a seated position with back supported, slowly pull one knee up towards your chest. Hold for 10-15 seconds. Then repeat with other leg.



In a seated position, come towards edge of the seat and place one leg straight, slightly in front of the other. Bend over and reach for your toes on the straightened leg until you feel the stretch. Hold for 10-15 seconds. Repeat for other leg.



Remember to Protect Your Eyes Too!



20-20-20 RULE

Every 20 minutes, Take your eyes off of your screen and look at something 20 feet away for at least 20 seconds.