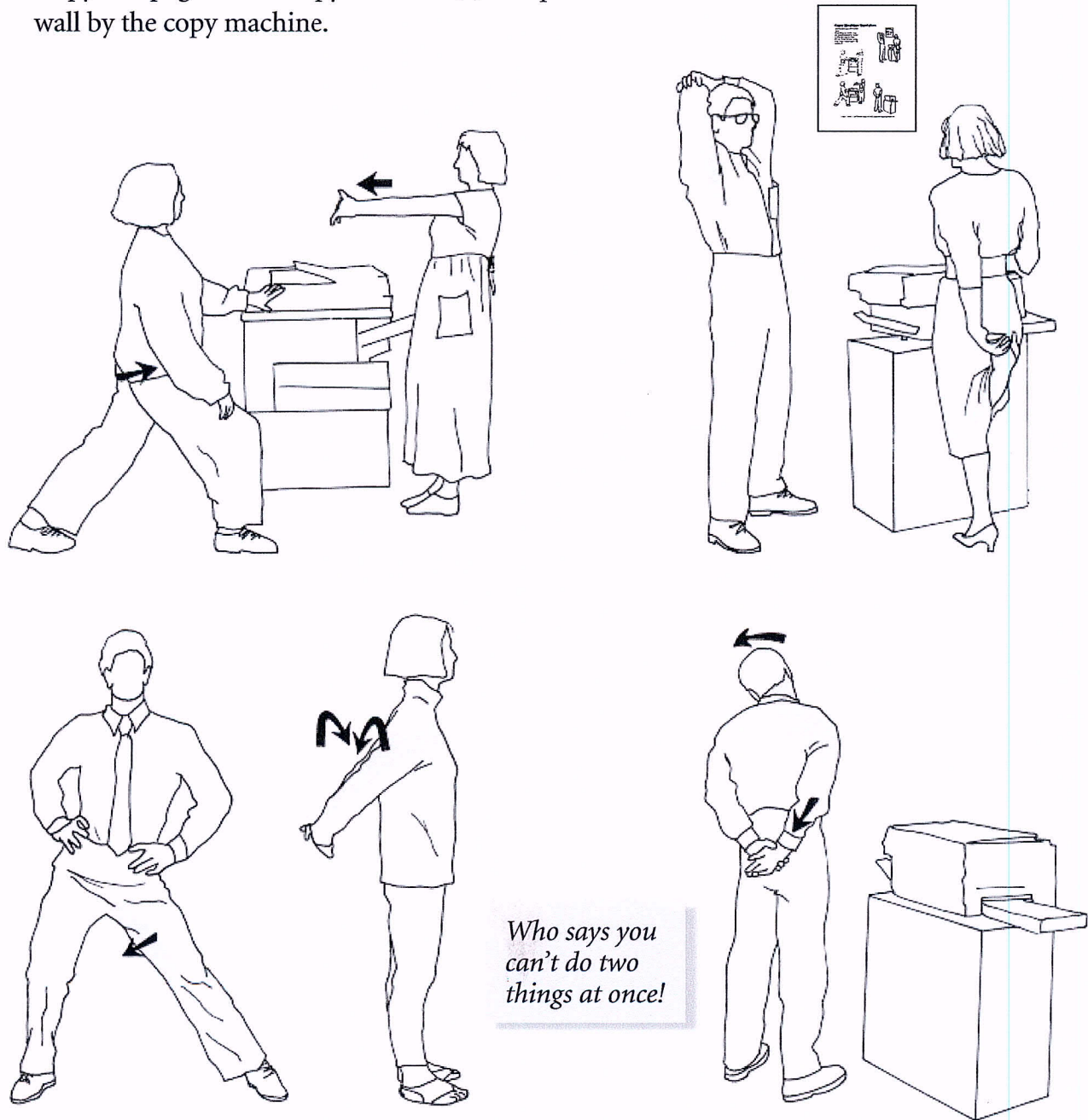


Copy Machine Stretches

(or Waiting-for-the-Printer Stretches)

Here is a chance to stretch while you're waiting around. It's a bonus — it doesn't take any extra time!

- Stretch while you wait for the copies.
- Do any of the stretches in this book while making copies. Be inventive!
- Copy this page on the copy machine (!) and put it on the wall by the copy machine.



*Who says you
can't do two
things at once!*

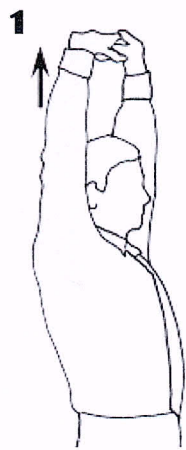
Online Stretches

1 minute

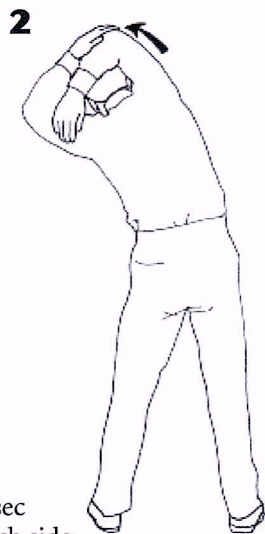
No matter how fast your modem, you're always waiting for something to load while online. (This will probably never change, for even as modems get faster and faster, files get larger and larger.) These stretches are for your upper body, especially neck, shoulders, and wrists.

- Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.
- After you follow this program a few times, you'll know these stretches by heart; thereafter do them frequently while online.
- Stretches 1–6 are a special routine. See pages 10 to 13 for details.

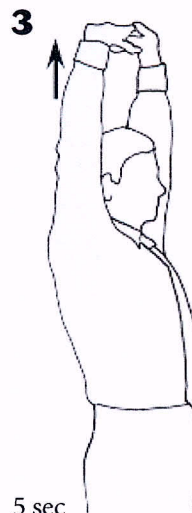
If there isn't time to do them all at one time, break the routine into short combinations: 1, 2, 3 or 4, 5, 6 or 7, 8.



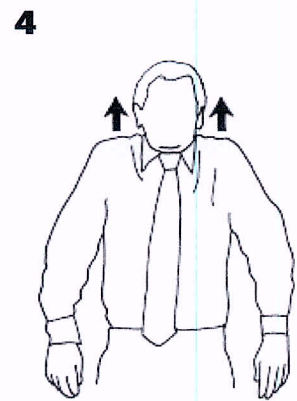
5 sec
each side
p. 70



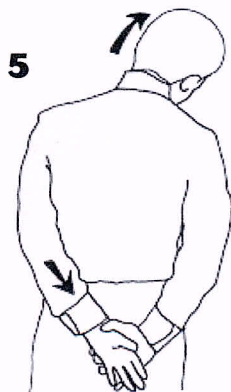
5 sec
each side
p. 70



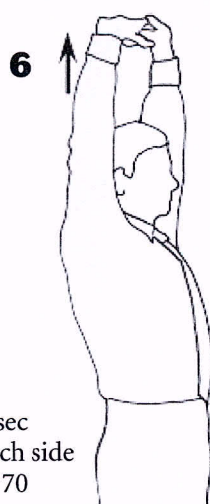
5 sec
each side
p. 70



5 sec
each side
p. 69



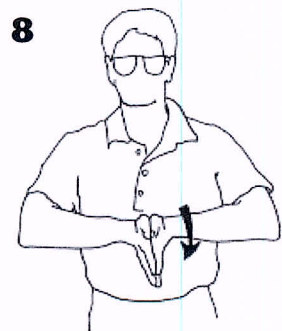
5 sec
each side
p. 72



5 sec
each side
p. 70



8 sec
p. 67



8 sec
p. 67

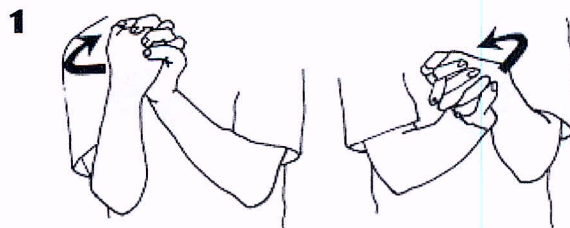
Stressed-Out Stretches

Elapsed time: 90 seconds

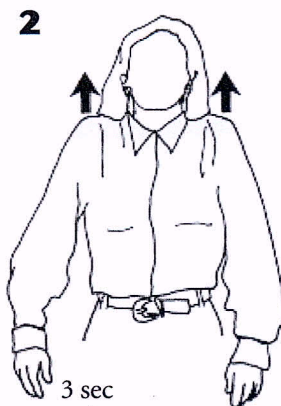
- Had a tough day?
- Computer giving you problems?
- Going to an important meeting?
- Need to relax?

There come those inevitable times during the day when the body signals it has had an overdose of stress. Don't let tension build up and ruin your good work. Pace yourself throughout the day. Take frequent stretch breaks!

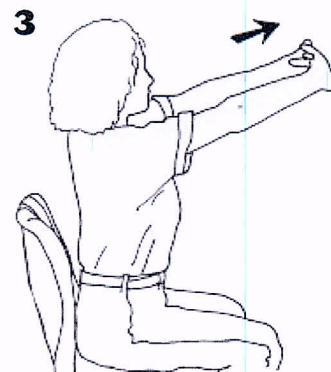
- Breathe deeply.
- Take a few minutes to do these stretches.



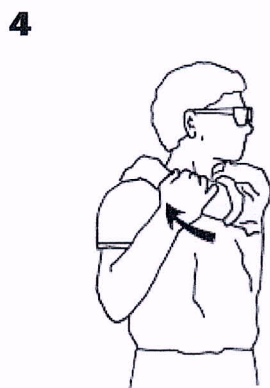
10 sec
each position
p. 65



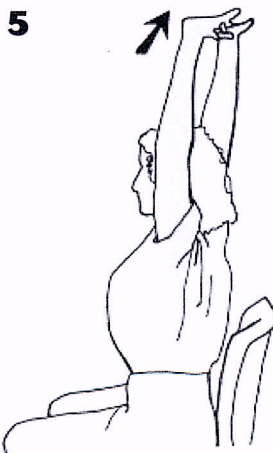
3 sec
2 times
p. 69



10 sec
2 times
p. 69



15 sec
each arm
p. 71



10 sec
p. 70



5 sec
each side
p. 73