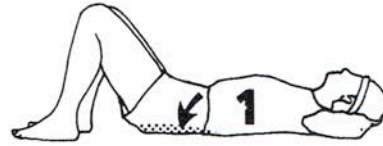


Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

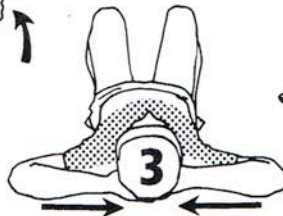
Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



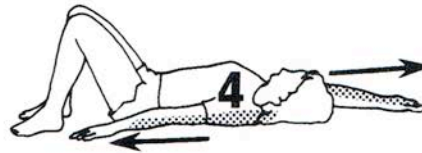
5-6 seconds
(page 29)



3-5 seconds
2 times
(page 27)



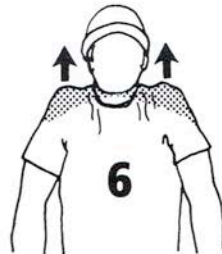
5-6 seconds
2 times
(page 28)



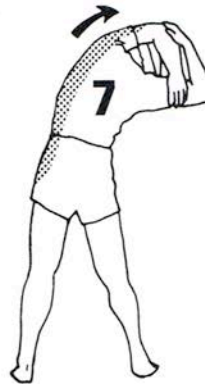
8-10 seconds
each side
(page 29)



10 seconds
2 times
(page 46)



5 seconds
2 times
(page 46)



8-10 seconds
each side
(page 44)



8-10 seconds
each side
2 times
(page 47)



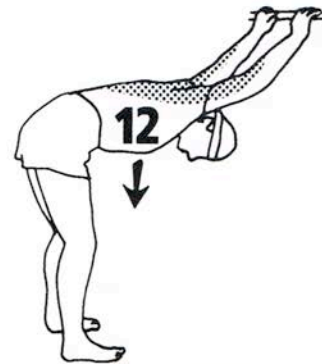
15 seconds
each arm
2 times
(page 44)



15-20 seconds
each arm
(page 43)



15-20 seconds
(page 47)

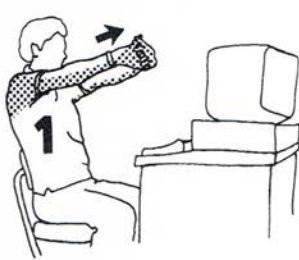


15-20 seconds
(page 81)

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 up and walk around the office whenever you think of it. You'll feel better!



1
10–20 seconds
2 times
(page 90)



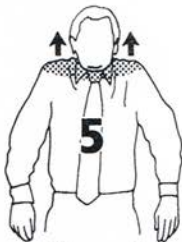
2
10–15 seconds
(page 46)



3
8–10 seconds
each side
(page 44)



4
15–20 seconds
(page 46)



5
3–5 seconds
3 times
(page 46)



6
10–12 seconds
each arm
(page 47)



7
10 seconds
(page 89)



8
10 seconds
(page 89)



9
8–10 seconds
each side
(page 83)



10
8–10 seconds
each side
(page 60)



11
10–15 seconds
2 times
(page 46)



12
Shake out hands
8–10 seconds
(page 89)