



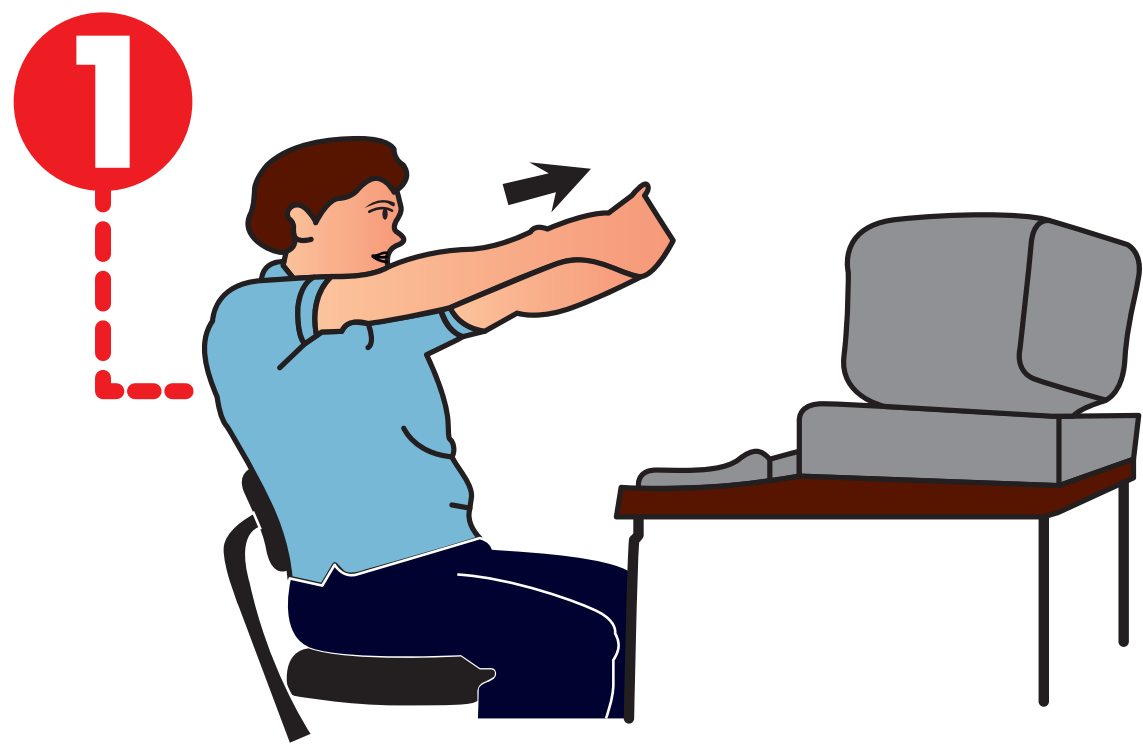
Office Exercises

Staying seated in front of the desktop during long periods of time can cause fatigue and tension to your neck, back and shoulders.

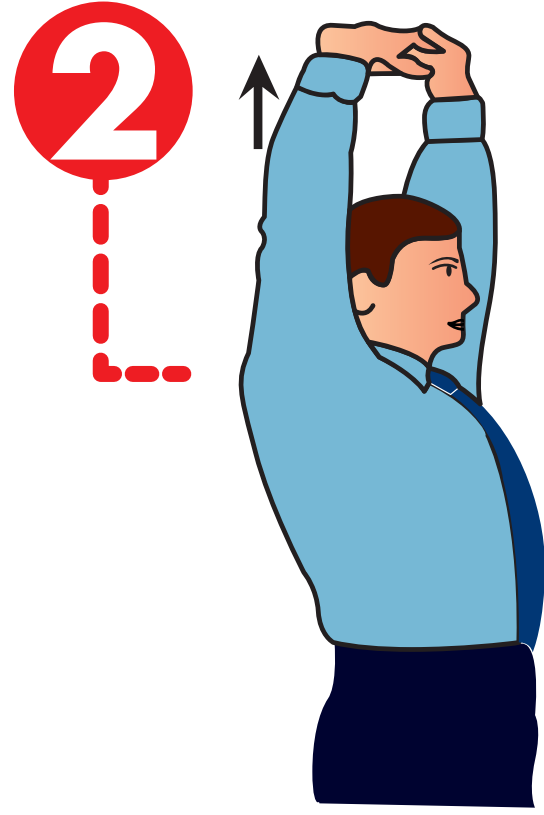
Exercises for the office can be done alone or with a small group of colleagues for about five to ten minutes.

These exercises can be done every sixty minutes or whenever you feel tired:

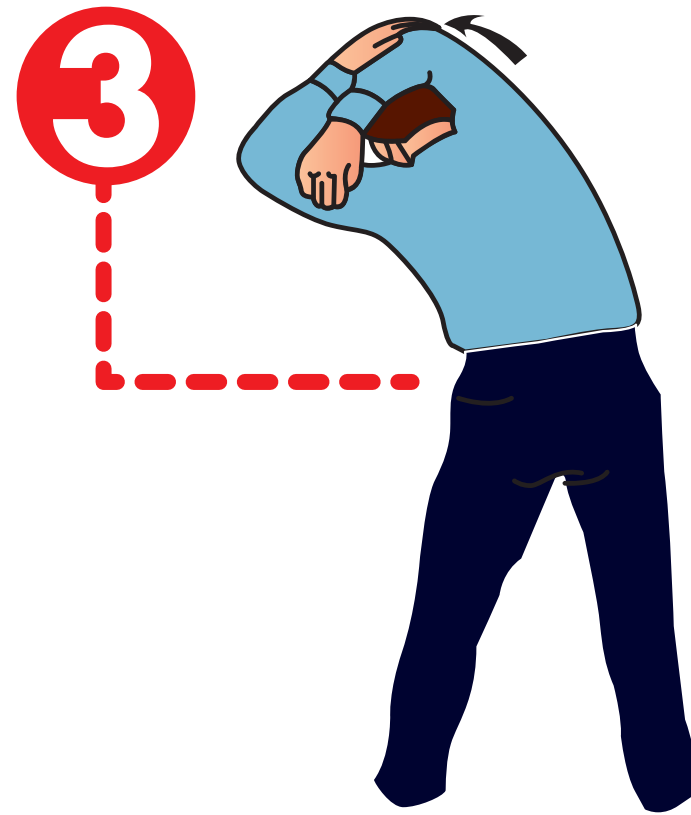
Safeguard your Back



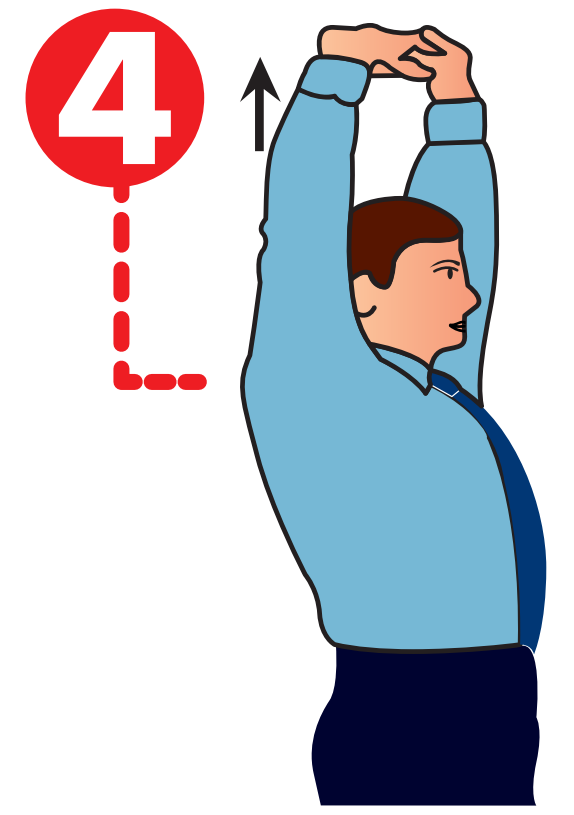
10 to 20 seconds
twice



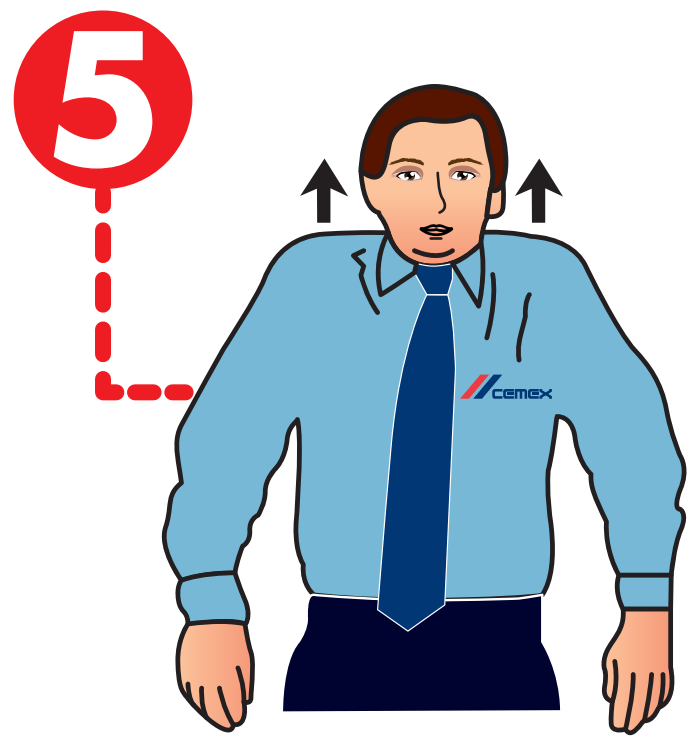
10 to 15
seconds



10 seconds
each side



10 to 20
seconds



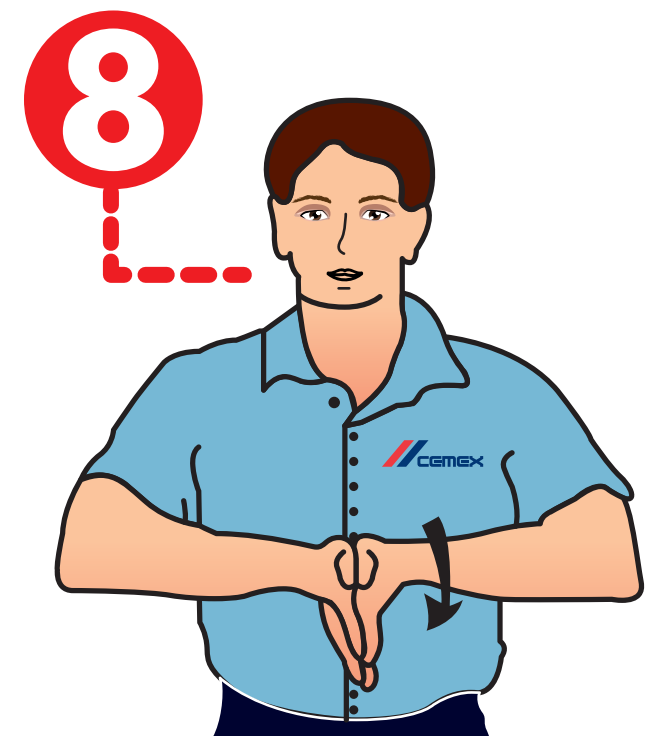
3 to 5 seconds
3 times



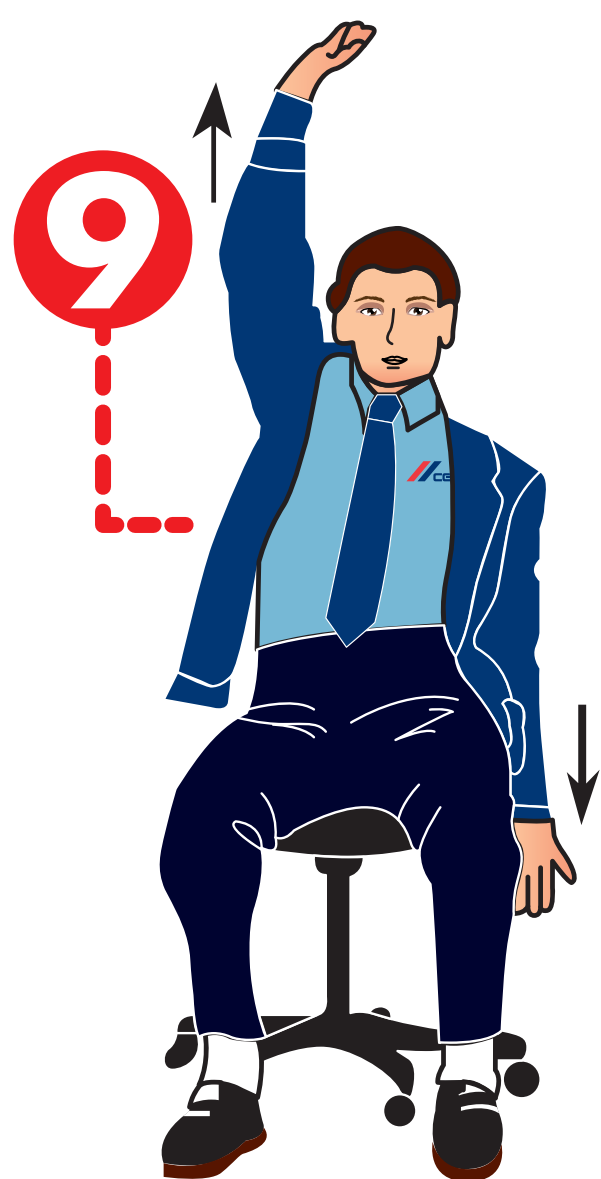
10 to 12 seconds
each arm



10 seconds



10 seconds



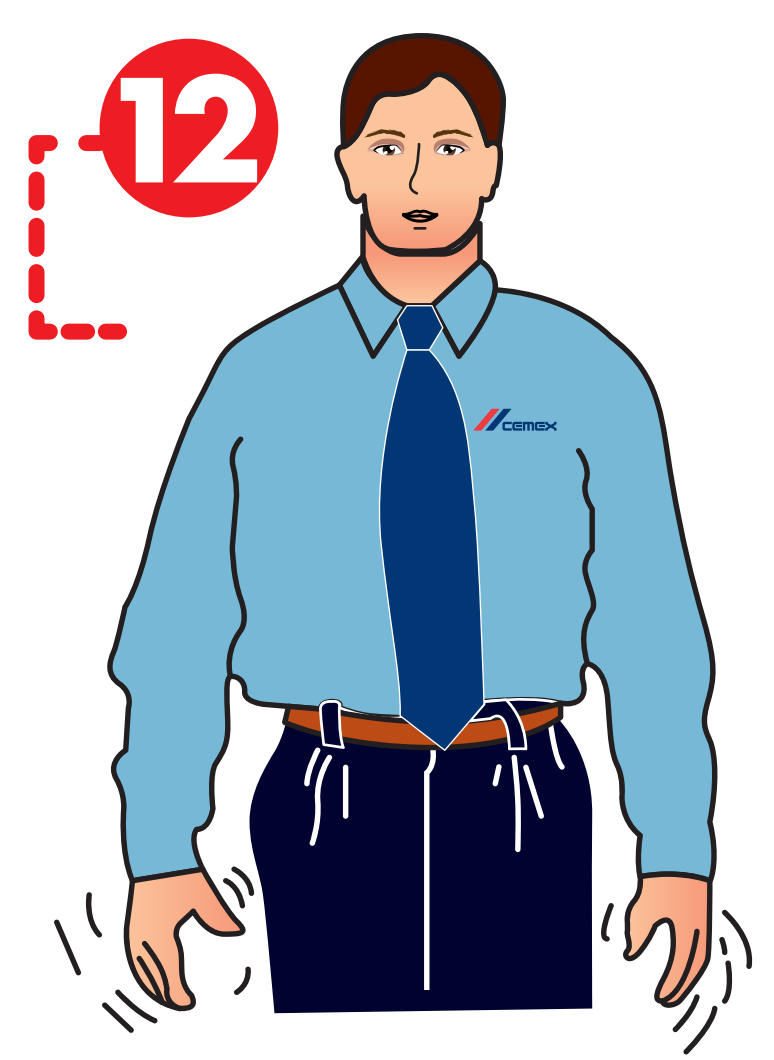
8 to 10 seconds
each side



8 to 10 seconds
each side



10 to 15 seconds
twice



Shake your hands
8 to 10 seconds