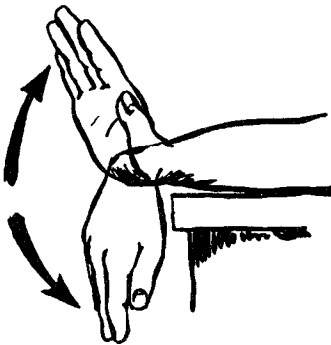


TEN WORKSTATION EXERCISES

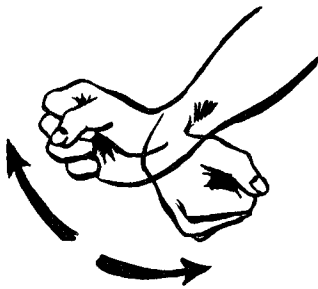


To reduce computer-related cumulative stress injuries, do these exercises twice a day. Do each five times, holding the position for a couple seconds. Total time for each session: approximately three minutes.

1



2



3



4



5



6



7



8



9



10

