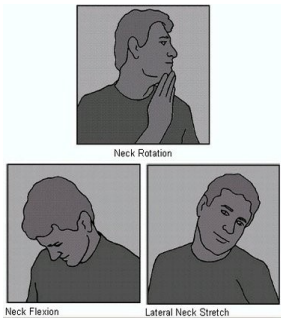


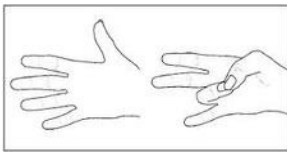
Exercises for Office Workers

DO's	DON'T's
Some easy exercises at your desk	Wedge your telephone between your ear and shoulder
Keep your office well lit	Cross your legs
Vary your tasks	Skip meals
Take regular breaks	Slouch at your desk
Take the stairs not the lift	
Seek advice for early health problems	
Strike a balance between sitting, standing and walking	
Regularly sit up tall and take deep breaths	

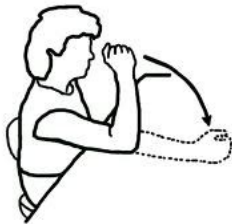
Exercises
 Perform regularly at your workstation and during regular breaks. Do sets of 10 each time. Hold the stretch for 10-15 seconds each time.



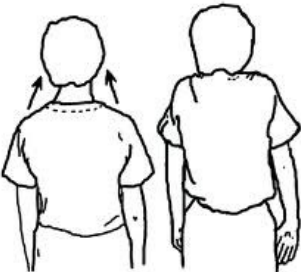
Neck: Rotation, side flexion and flexion



Stretch hand out fully and point to each finger with your thumb



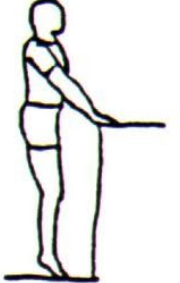
Arm Curls: gently bend your elbow up and down



Shoulder Shrugs



Arm and hand stretch: interlock fingers and stretch arm fully



Calf raises: stand up at your desk and raise onto your tip toes