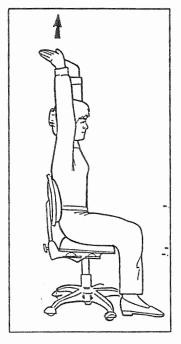
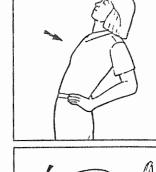
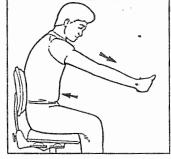
Remember: Break up your computer work with breaks, noncomputer tasks, and movement.

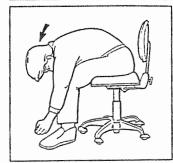
**Upper Body Stretches** 



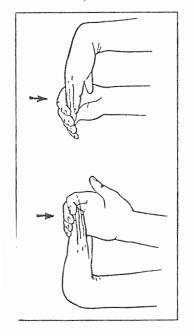


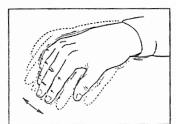


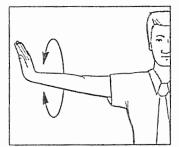


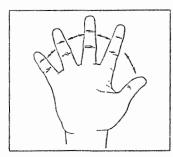


Shoulder, Arm and Hand Stretches



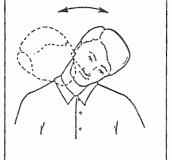






**Neck Stretches** 





Relax

