STAYING IN SHAPE
IN FRONT OF THE COMPUTER TERMINAL

[ ] Breathe in slowly through your nose, holding it for two seconds and then exhale through your mouth. Repeat this often and you'll likely experience an energy boost.

[ ] Roll your shoulders forward 5 or 6 times using a wide circular motion and then do the same thing backwards.

[ ] Turn your head slowly from side to side and look over each shoulder. Count to 3. Repeat the exercise 5 times.

[ ] While in your chair, slowly bend your upper body between your knees. Stay this way for a few seconds, then sit up and relax. Repeat this once or twice to stretch your back.

[ ] Hold your arms straight out in front of you. Raise and lower your hands bending them at your wrists. Repeat this several times. This stretches the muscles in your forearms and gives your wrists relief.

[ ] Fold your arms in front of you, raise them up to your shoulders and then push your elbows straight back. Hold this for several seconds. This gives your upper back and shoulder blades some relief. Repeat 5 to 10 times.

[ ] Make a tight fist with your hands and hold it for several seconds. Then, spread your fingers as far as you can and hold for another 5 seconds. Your fingers and hands will feel relaxed and nimble. Repeat this exercise many times.