

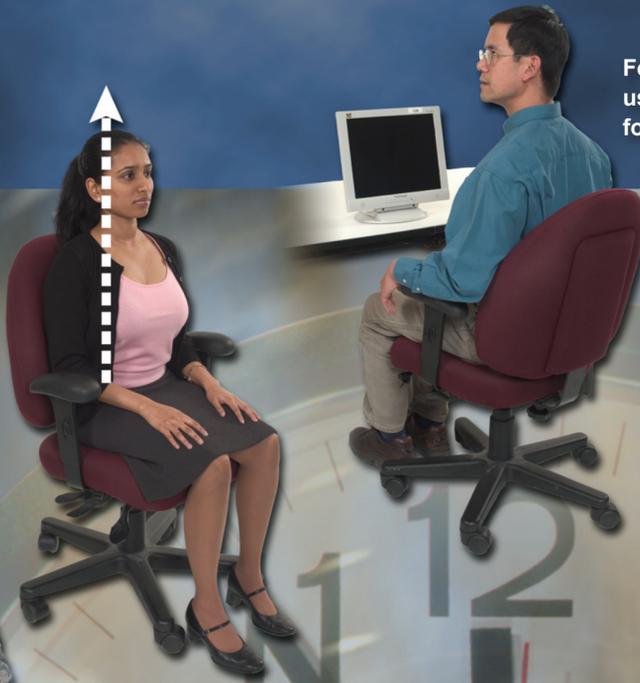
TAKE TIME TO STRETCH

REDUCE EYE STRAIN

For every 20 minutes of computer use, look at an object 20 feet away for 20 seconds.

PROMOTE GOOD POSTURE AND RELIEVE LOW BACK PAIN

While seated, elongate your back by pretending there is a cable attached to your head that is slowly pulling upwards.



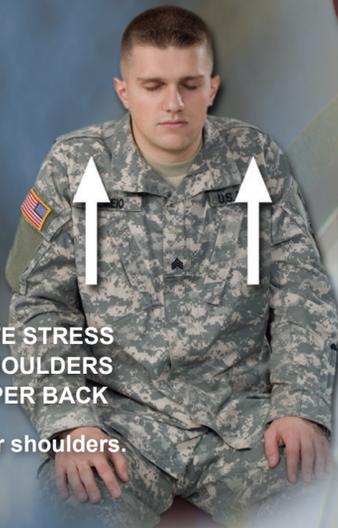
PROMOTE BLOOD CIRCULATION IN YOUR LEGS

Rotate your ankles.



ELIMINATE STRESS FROM SHOULDERS AND UPPER BACK

Shrug your shoulders.



RELAX YOUR FACE AND MOISTEN YOUR EYES

Cup your eyes with your hands and close your eyes. Do not put any direct pressure on your eyes.



RELAX ARMS, HANDS AND FINGERS

With your arms at your sides, shake your fingers.



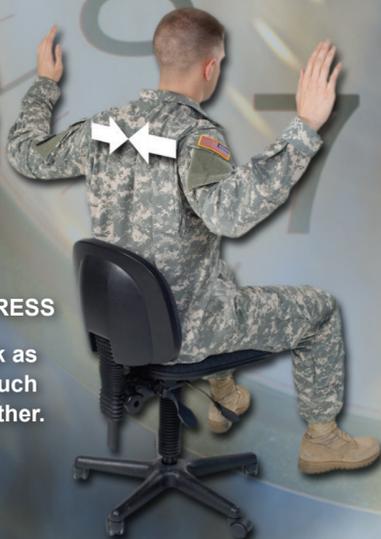
RELAX EYES AND NECK

Close your eyes and gradually lower your head.



REDUCE UPPER BACK STRESS

Slowly pull your arms back as far as you can, trying to touch your shoulder blades together.



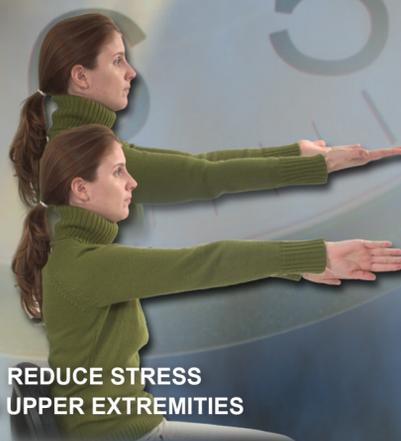
MOISTEN YOUR EYES AND REDUCE EYE STRAIN

Move your eyes side to side and top to bottom.



REDUCE STRESS ON UPPER EXTREMITIES

Extend your arms and fingers and rotate.



Perform each stretch for 30 – 60 seconds.

Do not perform these exercises without first consulting your physician if you have a preexisting condition. Always consult your physician before beginning an exercise program. If pain or discomfort is experienced cease the exercise and consult your physician.



U. S. Army Center for Health Promotion and Preventive Medicine

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