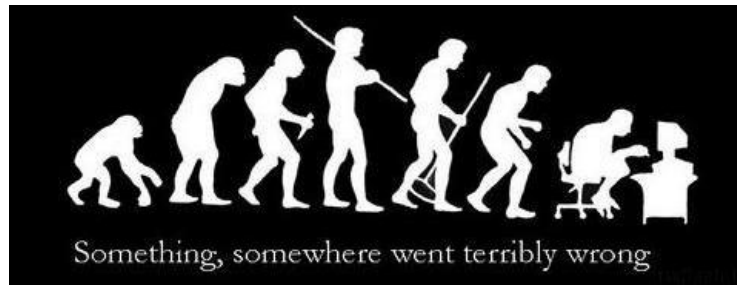


4 Minute Computer and Desk Stretch Guide



Photocopy this and keep. Do these stretches every hour or whenever you feel stiff.
Get up and walk around whenever you think of it.

