Remember: Break up your computer work with breaks, non-computer tasks, and movement.
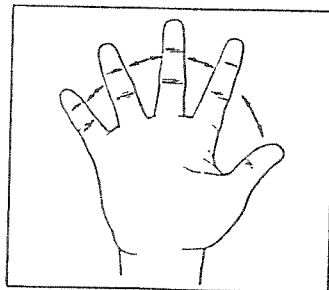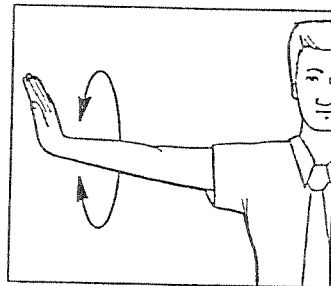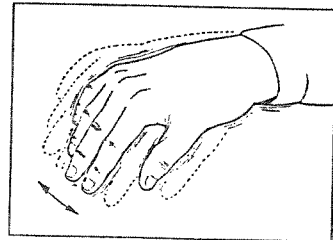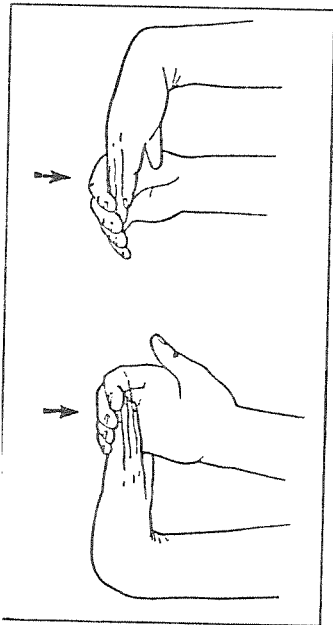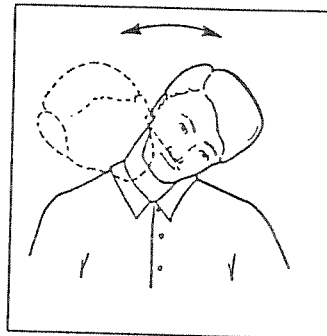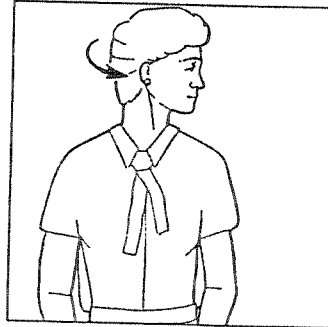
Upper Body Stretches
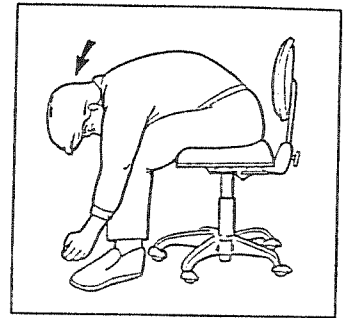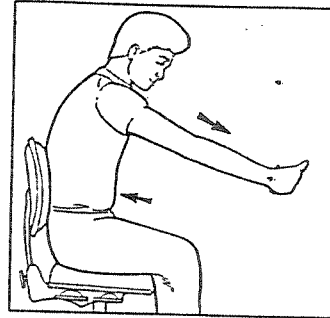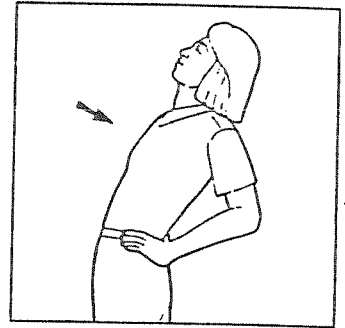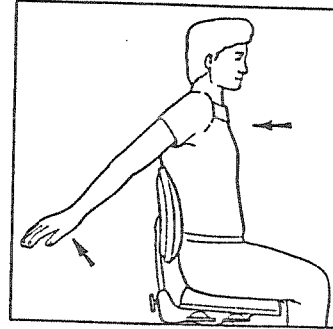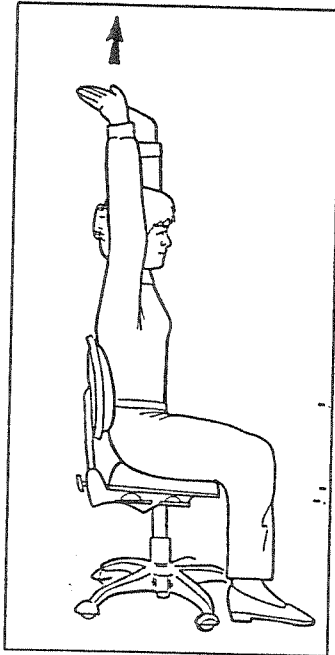
Shoulder, Arm and Hand Stretches

Neck Stretches

Relax