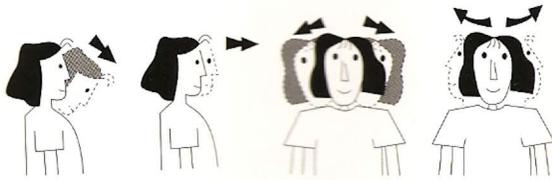


Computer Operators, Desk Workers, Factory Workers, Teachers, Homemakers, etc.

1.



NECK FLEXIBILITY: Slowly move head forward, jut jaw forward, rotate, and move from side to side. Hold for 10 seconds in each direction. Repeat 3 times. Do not roll your neck.

2.



CALF STRETCH: Lean up against a wall and straighten one leg back with toes and heel on the ground. Move hips forward. Feel the pull in the back of the leg. Hold for 10 seconds. Repeat 2 times for each leg. Alternate right and left leg.

3.



KNEE TO CHEST: Seated or standing with back supported, slowly pull one knee towards chest. Hold for 5 seconds. Repeat 3 times on each side. Alternate sides.

4.



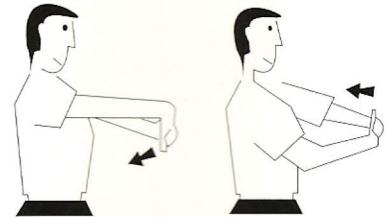
SEATED BENDING: Seated with feet flat on the ground, move torso forward until resting on upper legs. Reach for the ground with hands. Hold for 10 seconds. Slowly straighten up and repeat 3 times. Now cross one leg over the other and lean forward. Hold for 10 seconds and repeat with the opposite leg. Feel the pull in your buttocks. Repeat 2 times on each side.

5.



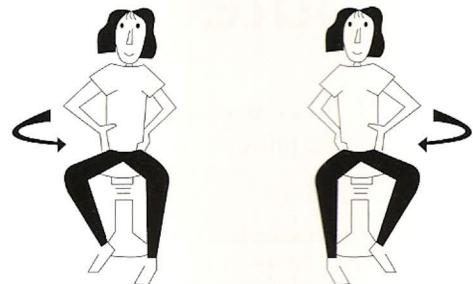
ARMS OVERHEAD: Stand up and raise arms above head, reaching for the ceiling. Stretch out and spread fingers and reach up as high as possible. Hold for 10 seconds. Repeat 5 times.

6.



FOREARMS & ELBOW FLEXIBILITY: Hold hand out with palm facing down. Pull fingers and wrist up towards your body. Hold for 10 seconds. Now pull wrist down toward body. Hold for 10 seconds. Repeat 3 times with each arm. Alternate sides.

7.



THE TWIST: Sitting in a chair with feet flat on the ground, slowly twist in one direction, looking over the shoulder. Return to the centre and move in the other direction. Hold for 5 seconds at the end of the movement. Repeat 3 times.

8. **WALK ABOUT:** When working in an office environment or at a desk it is extremely important to get up from your chair and walk around every 20-30 minutes. So get up and walk around for a minute. Get a drink of water, photocopy some papers, make a phone call standing up or visit with a colleague.

Thera-Band® Tubing is available in six levels of resistance.