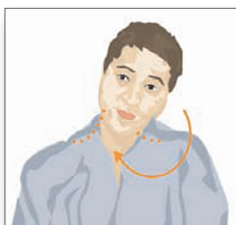


Exercises for Office Workers

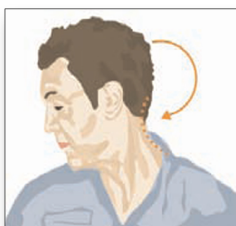
Office workers need to move around and reduce the effects of fatigue by doing different tasks.

It is important to take regular rest breaks. Exercises like these should be performed hourly. Relax and perform exercises gently and never stretch to the point where pain is experienced.



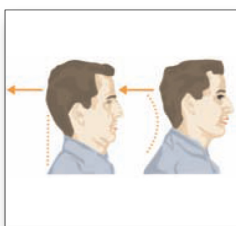
Neck: Head Rolls

Gently lower ear to shoulder and hold for ten seconds. Slowly roll chin to chest and up to the other shoulder and hold for ten seconds. Repeat several times.



Neck: Head Turns

Turn head to look over shoulder and hold for ten seconds. Repeat several times.



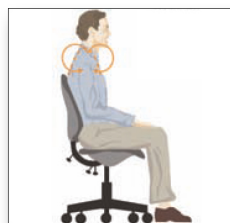
Neck: Chin Tucks

Raise the head to straighten the neck. Move head backwards with chin parallel to the floor. Repeat several times.



Back Stretch

Stand up. Support your low back with both hands and gently arch back. Hold for five to ten seconds. Repeat as often as necessary.



Shoulder Rolls

Circle shoulders forward several times, then backward. Repeat three to five times.



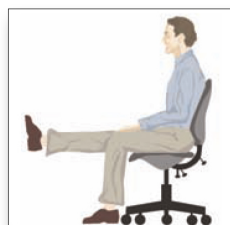
Shoulder Stretch

Stretch an arm above head, cradle elbow with hand and gently pull elbow behind the head. Hold for ten seconds and repeat several times.



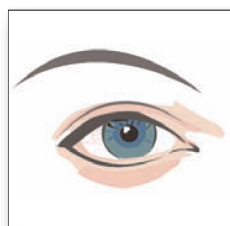
Wrists, Hands & Arms

Interlace fingers, palms outward, and straighten arms in front. Hold for ten seconds and repeat several times.



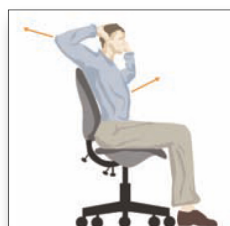
Ankle Flex

Hold one foot off the floor, leg straight, flex ankle (pointing toes up) and extend (pointing toes down). Repeat with other leg.



Eyes

To reduce tired and sore eyes, take short rests and look away from your screen into the middle distance. Blink regularly, look into the distance and move your eyes horizontally, vertically and diagonally.



Upper Back Stretch

Lean over the back of the chair, letting your upper back arch backwards and your chest relax and expand. Repeat several times.

GREEN CUBE CHAIRS