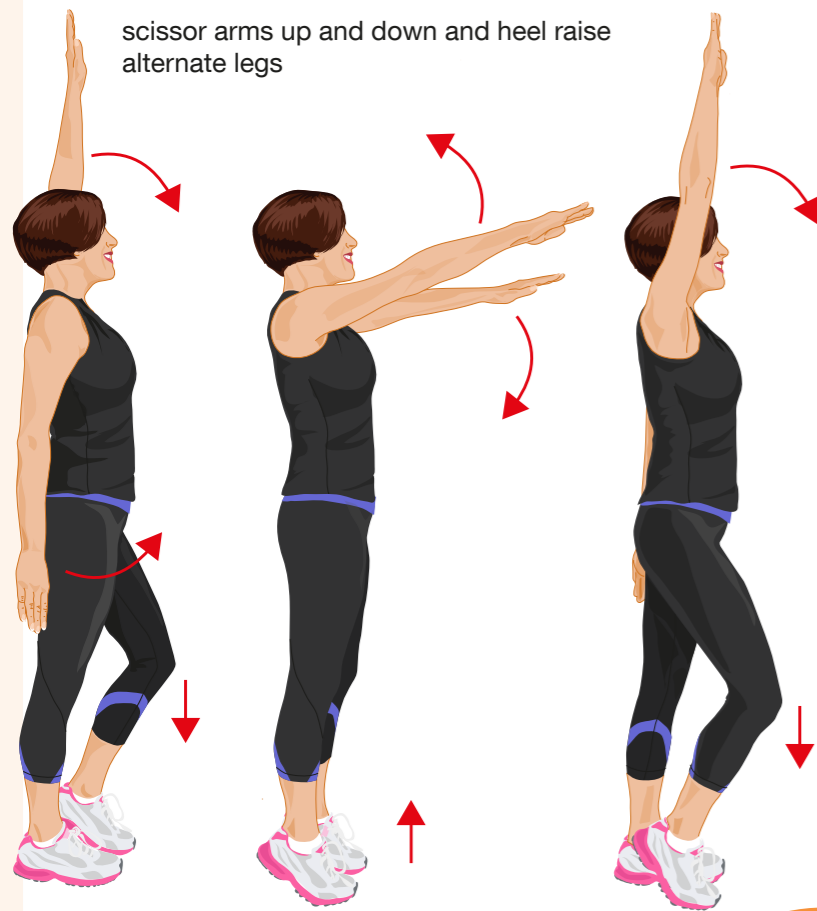


1 Arm scissors with leg pumps



2 Body roll down

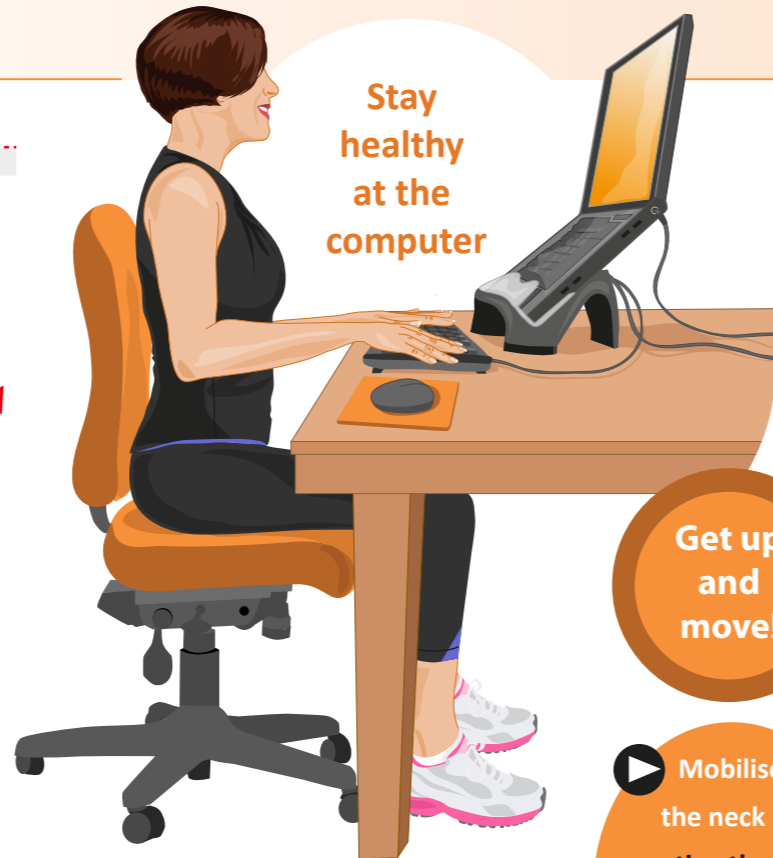
roll slowly down and then roll slowly back up



Interrupt extended periods sitting at the computer with regular active breaks Repeat the standing exercises 1, 2 & 3 which are great for the spine

Prolonged positioning with the small, intricate, repetitive actions required by mouse use can lead to repetitive strain injury (RSI), causing discomfort and pain Take a break and exercise the muscles with wrist and hand extensions 4 & 5

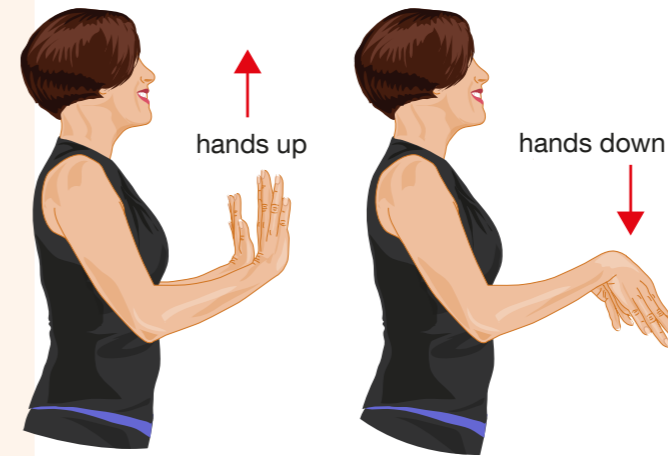
Stay healthy at the computer



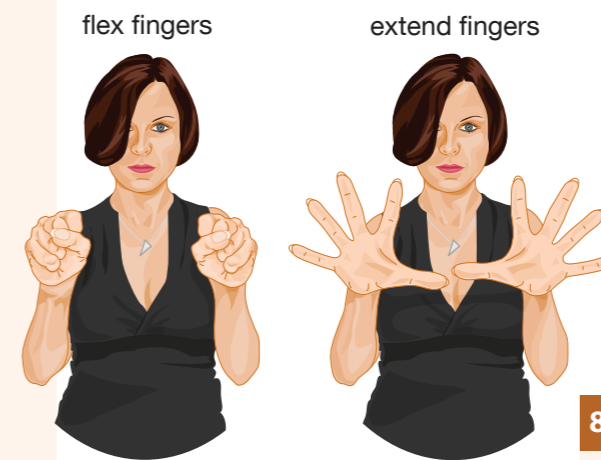
Get up and move!

Mobilise the neck by repeating the simple head and shoulder exercises 6, 7, 8 & 9

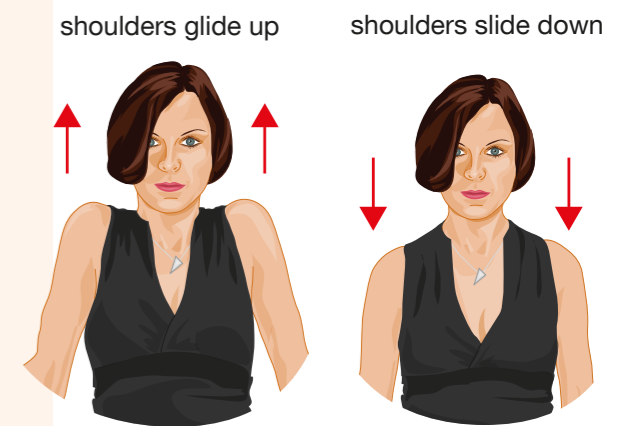
4 Wrist bends



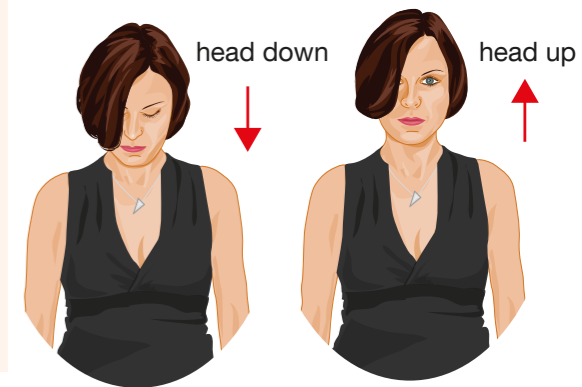
5 Hand extensions



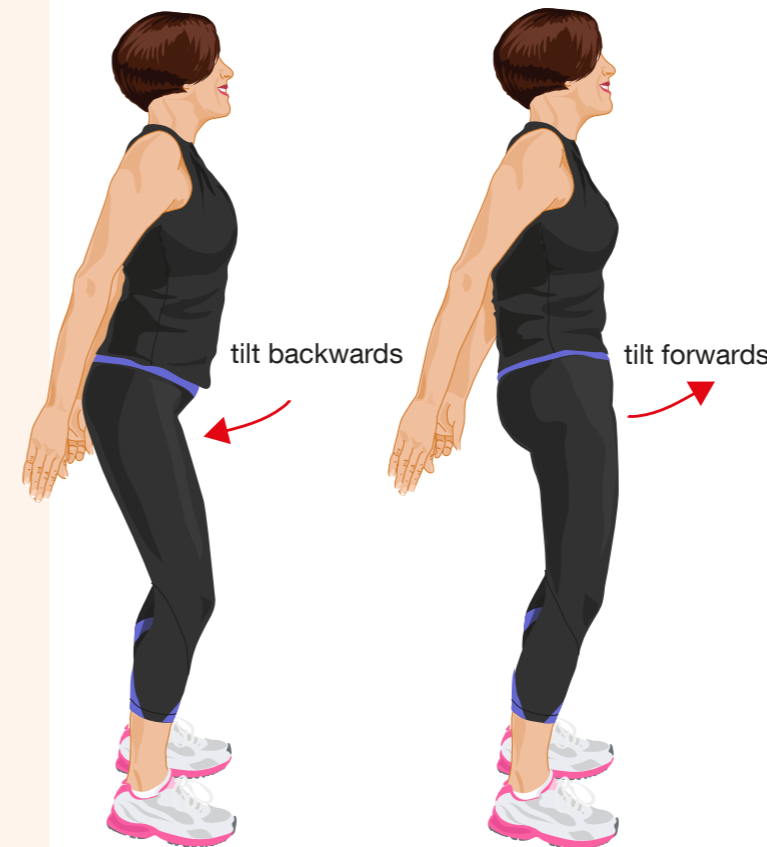
6 Shoulders glide & slide



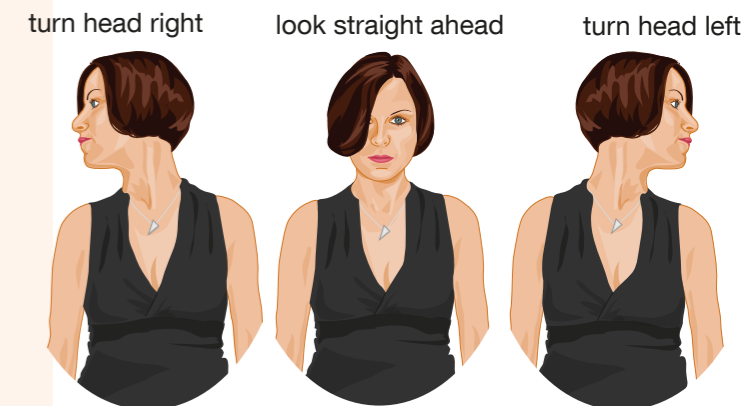
7 Head nod



3 Pelvic tilt



8 Head turn



9 Head tilt

