Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!

1. 10–20 seconds
   2 times

2. 10–15 seconds

3. 8–10 seconds
   each side

4. 15–20 seconds

5. 3–5 seconds
   3 times

6. 10–12 seconds
   each arm

7. 10 seconds

8. 10 seconds

9. 8–10 seconds
   each side

10. 8–10 seconds
    each side

11. 10–15 seconds
    2 times

12. Shake out hands
    8–10 seconds