13-P-2-1/1 December 2004

**RECOMMENDED PHYSICAL EXERCISES FOR COMPUTERS USERS**

1. If you spend a lot of time at your computer, the following exercises will help you relieve "VDT" stress and strain. Give one or all of them a try if you find your mind or body fatiguing.
2. **Deep Breathing** – Breathe in slowly through your nose. Hold for 2 seconds, and then exhale through your mouth. Repeat several times.
3. **Head & Neck Relief** – Turn your head slowly from one side to the other, and look over each shoulder. Hold each turn for the count of three. Repeat 5 to 10 times.
4. **Shoulder Roll** – Roll your shoulders forward 5 times using a wide circular motion. Then roll your shoulders backward. Repeat 5 to 10 times.
5. **Upper Back Stretch** – Fold arms in front of you, rise to shoulder height, then push your elbows straight back. Hold a few seconds. You should feel a nice stretch in your shoulder blades. Repeat 5 to 10 times.
6. **Lower Back Heaven** – While sitting, slowly bend your upper body between your knees. Hold for a few seconds, then sit up and relax.
7. **Wrist Relief** – Hold your arms straight out in front of your body. Raise and lower your hands bending at the wrist, to stretch the muscles in your forearm. Repeat several times.
8. **Hand and Finger Help** – Make a tight fist with your hands. Hold for a second. Then spread your fingers as far apart as you can. Hold for five seconds. Repeat.
9. **Leg Lifts** – While sitting in a chair, grasp the shin of one leg and pull slowly toward your chest. Hold for five seconds. Then do the other leg. Repeat several times.