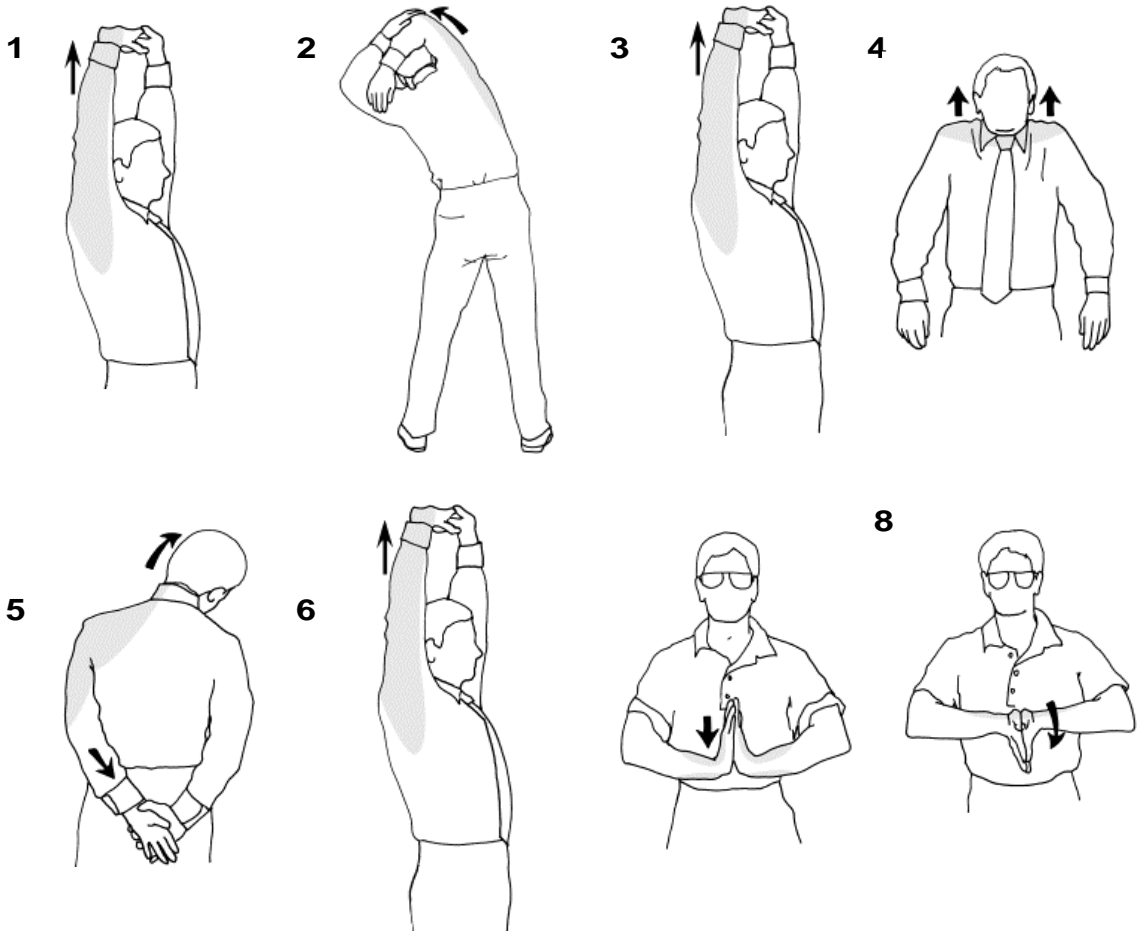


Online Stretches

No matter how fast your modem, you're always waiting for something to load while online. (This will probably never change, for even as modems get faster and faster, files get larger and larger.) These stretches are for your upper body, especially neck, shoulders, and wrists.

- Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.
- After you follow this program a few times, you'll know these stretches by heart; thereafter do them frequently while online.



Stretching feels good!

Stretching may be done at any time of the day and can involve a great number of exercises. Probably your first stretch of the day is done just before or just after you get up. Your muscles have not moved much all night and need to be reminded of what they are designed to do. Watch a cat or dog when it wakes up. The first thing it does is stretch. Everyone needs a certain amount of flexibility or range of motion in the joints. Stretching exercises are the way to increase flexibility.

Precautions

While you are stretching, you must remember to continue to breathe. Holding your breath during a stretch may increase your blood pressure above safe levels. If you continue to breathe as you stretch, your blood pressure should remain within normal limits.

Exercises that use rotation are not recommended for older people, particularly those with arthritis, because rotation exercises may damage the joints. These include such exercises as neck rotation, trunk rotation, arm circles and ankle rotation.

Note: Before beginning this or any exercise regime, be sure to check with your medical doctor for consent to begin.

How to Stretch

To properly stretch a muscle, you should try to lengthen the muscle to a point where you just feel the muscle stretching. Stretching should *not* hurt; the statement “no pain, no gain” has no place in a stretching program. Hold the stretch for six to 10 seconds, lengthening the muscle if it relaxes in that period of time. Relax, and then repeat the exercise. These are static stretches suitable for people of all ages. Hold each position six seconds by counting 1001, 1002, etc. Then relax. Repeat each exercise the number of times indicated. These exercises muscles and relieve will relax tension and strain caused by sitting in one place or position for a long time.