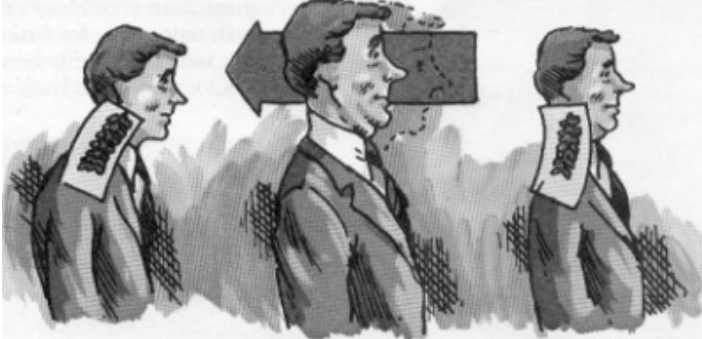




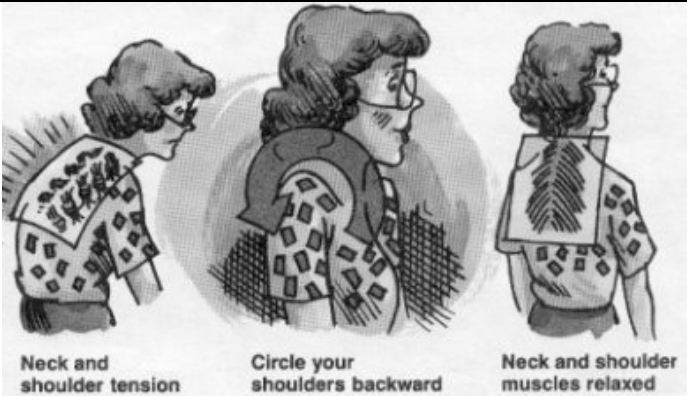
Back Exercise for People Who Sit

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These easy exercises are specifically designed for the office worker. They can reverse the Weekday Syndrome by helping to realign a slouching spine by relieving the tension of sitting. You'll feel an energy and circulation boost. You can do them right in front of your workstation throughout the day, sitting in traffic, at home or anywhere. They take only a few minutes. Do each exercise slowly to YOUR maximum stretch, hesitate a moment and release.

If you have a history of back problems or experience back pain during any of these exercises, stop and consult with your health care professional before continuing.

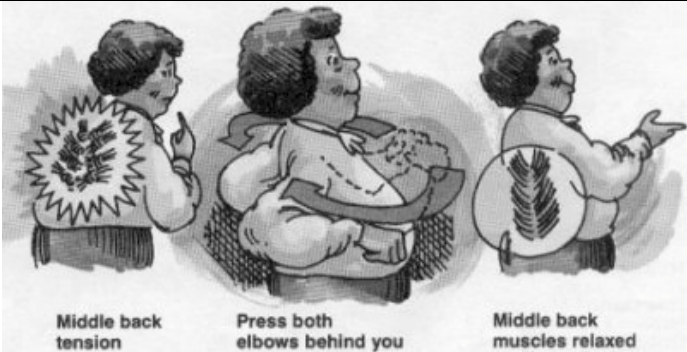
 <p>Poor neck alignment Slide your chin backward Neck aligned properly</p>	<p><u>For the Cervical Curve</u></p> <p>Neck Retraction.</p> <p>To realign the curve in your neck, simply slide your chin straight back, keeping your head and ears level. You'll know you're doing this exercise correctly if it gives you the feeling of a double chin. Repeat 5-10 times throughout the day!</p>
 <p>Poor middle back alignment Press one arm above your head, one arm back Middle back aligned properly</p>	<p><u>For the Thoracic Curve</u></p> <p>Middle Back Stretch.</p> <p>To realign your mid back curve, bend both elbows and press one arm above you and the other arm behind you as if you were trying to brush your ear with your elbow. Press to your maximum stretch, hesitate a moment, then release and do the other side. Repeat 5-10 times throughout the day!</p>
 <p>Poor lower back alignment Stand and bend gently backward Lower back aligned properly</p>	<p><u>For the Lumbar Curve</u></p> <p>Reverse the Curve.</p> <p>To reverse the slouch curve in your lower back and release muscle tension, stand up, press your palms on your lower back for support, and gently bend your upper and lower back backward. For safety, stand up to do this. Hesitate a moment, then release. Repeat 5-10 times, several times per day!</p>



For the Cervical Curve

Shoulder Circles.

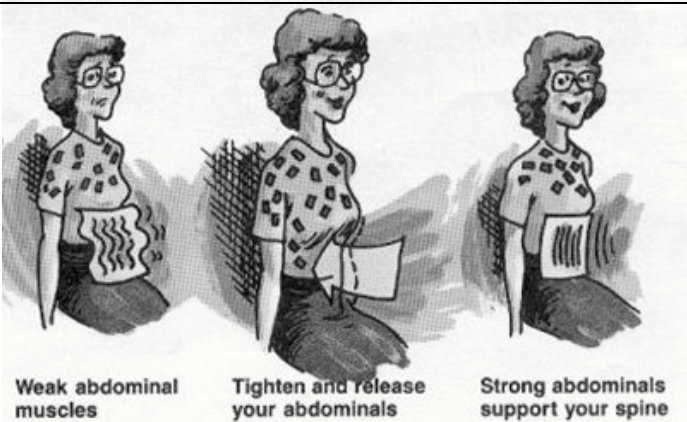
To release muscle tension in your neck, shoulders, and upper back, circle your shoulders backward in a wide arc. Make several circles, then relax. Repeat 5-10 times, several times per day. You can circle your head slowly and gently in the forward direction, to release muscle tension in your neck and upper back!



For the Thoracic Curve

Elbow Press.

To release muscle tension in your middle back, bring your elbows out to the side at chest height. Press them gently backward to your maximum stretch, hesitate a moment, then release. Repeat 5-10 times, several times throughout the day.



For the Lumbar Curve

Abdominal Strengtheners.

To strengthen your abdominal muscles – which help to support your lower back and keep it aligned – first be sure you're sitting with your buttocks firmly against the back of your chair. Exhale and tighten your abdominal muscles for a count of 10. Release and repeat 5-10 times, several times throughout the day!