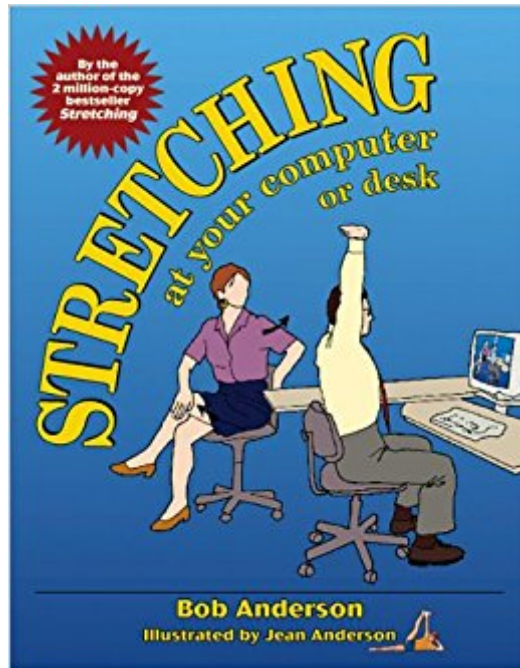




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Stretching At Your Computer Or Desk



Synopsis

The perfect book to keep on your desk at work. A lot of valuable information is contained in this thin (100 page) book, which also contains plenty of helpful illustrations. The stretches are brief, designed to be carried out when you have a few moments during the day, not in a long athletic stretching session. Instead of organizing stretches by the area of your body, the first part of the book illustrates stretches you can do at different times when you're working - sitting at your desk, standing at the photocopier machine, talking on the phone. The author suggests that you photocopy the pages and keep them around the office so you can use them more effectively! Then each stretch is described in more detail in the back section. The stretches here are more than just the basics, the hand and back stretches are especially detailed and extensive. There is also a good description of how to avoid strain injuries through both stretching and ergonomic principles.

Book Information

Paperback: 112 pages

Publisher: Shelter Pubns (January 1997)

Language: English

ISBN-10: 0936070196

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Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #2,872,878 in Books (See Top 100 in Books) #28 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #226 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #498 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#)

Customer Reviews

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Great book to keep handy at your desk. The authors encourage photocopying so that you can have it nearby and can see how to do the stretches. Wonderful addition to my massage practice.

Very good book on stretchng. If you are working on your computer all the time, this is an excellent source to stay fit and prevent many of the computer related ailments.I keep a copy at the office next to my desk to use when I need to stretch.Stelios NicolaouAuthor of :Depression: My Witness, Your Solution(Five easy steps to reprogram you little inner voice and set your mind FREE)

This book has been great to improve my physical health and wellbeing while working at my desk all day. I try to do the stretches at least a couple of times a day. I'll do a page of stretches at a time. Nicely organized, good illustrations, easy to follow.

This was a very effective book to use and I highly recommend it. Gentle and simple movements and a great read too.

Unlike many fitness titles, this book promotes stretching routines to be done _at one's job_; the illustrations use people in office clothes, sitting in office chairs or standing by copy machines, and the routines have titles like "stretches" for Keyboard Operators", "Office Meeting Stretches", "On-the-phone Stretches", etc. The rationale and technique for stretching are quickly introduced in the 1st 8 pages, but there's great additional resources to dig into later in the book too. If every office had a copy to check out, there'd be fewer computer-related ailments.

Books are transforming into proactive reminders! Where in the past books could sit on the shelf and be ignored, authors like Bob Anderson are combining their books with proactive PC software, StretchWare. The book, Stretching at Your Computer or Desk, when accompanied with StretchWare wakes up at your desired interval, reminds you to stretch, and presents you with a routine. Its time that starts offering the software along with the book. Authors like Bob Anderson are culture changers! needs to transform to benefitial culture changes like StretchWare. Publishing in changing, books are becoming interactive, proactive knowledge agents.

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