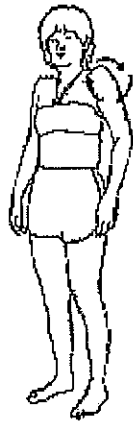


Pause Exercise Sheet Two

- These general pause exercises can help relieve muscular tension.
- Consult your doctor for specific guidelines if you have a medical condition
- Hold the stretches for 10 to 15 seconds each, taking care not to over stretch
- Repeat each movement 3 to 4 times

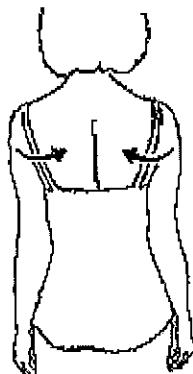
With arms relaxed at side, roll your shoulders forwards then backwards.



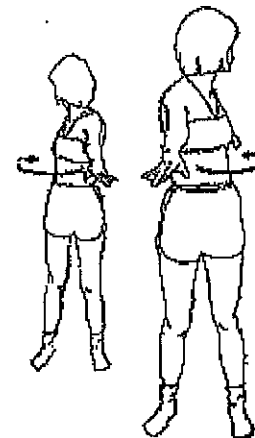
Place hands on back of hips and gently lean backwards.



Standing upright, draw both shoulders and elbow back and inward.



With feet apart, twist at the waist to the right then to the left using a slow smooth movement.



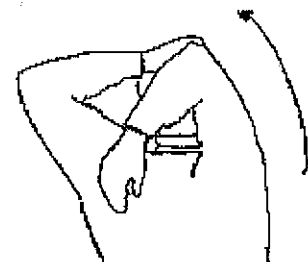
Blink regularly

Look into the distance

Move your eyes horizontally, vertically and diagonally



Stretch arm above head and cradle elbow with hand. Gently pull elbow down behind the head.



Source: *Body Mechanics VHI Resource Library, Health Promotion Resources, 1999*