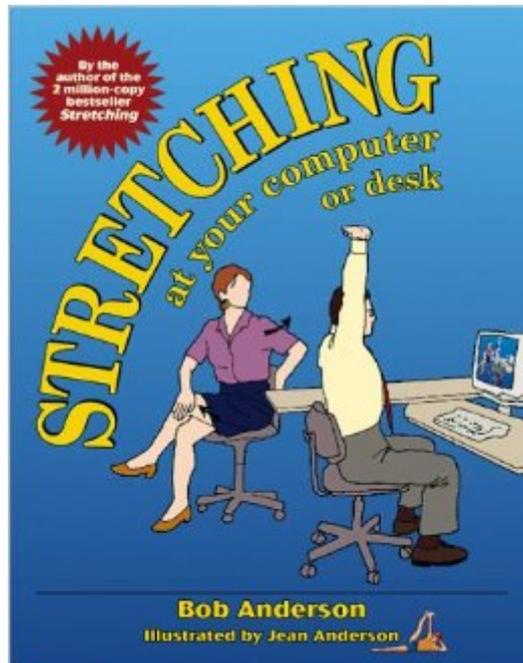


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# Stretching At Your Computer Or Desk



## Synopsis

From the author of the million-copy bestseller *Stretching* come quick and easy stretching routines for the workplace to help combat the aches and pains of sitting at a desk or keyboard. Also included are tips for ergonomics and proper posture at the workstation. Line drawings. 96 pp. 50,000 print.

--This text refers to an alternate Paperback edition.

## Book Information

Paperback: 112 pages

Publisher: Shelter Pubns (January 1997)

Language: English

ISBN-10: 0936070196

ISBN-13: 978-0936070193

Product Dimensions: 0.2 x 7 x 9 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #2,390,853 in Books (See Top 100 in Books) #27 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #198 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #371 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#)

## Customer Reviews

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.

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 Nicolaou Author 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.

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 beneficial culture changes like StretchWare. Publishing in changing, books are becoming interactive, proactive knowledge agents.

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

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Edition The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e

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