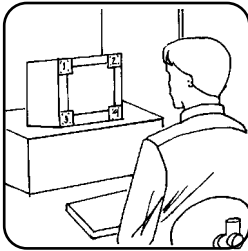




Don't let the computer become a pain in the neck ...or the back...or the eyes...or the wrists...

Follow these 9 simple tips to stay pain-free and productive.*

STRETCH



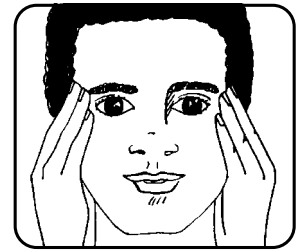
Stretch your eye muscles to prevent blurred vision. Look into the distance (at least 8-10 feet) once every 3-5 minutes. If you're hidden in a corner, place a mirror on your computer and focus on distant objects through it.

REST



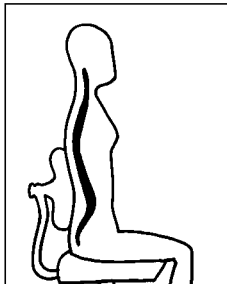
Rest your eyes when tired or strained. Cup your palms over your closed eyes, for 10-15 seconds or longer.

BLINK



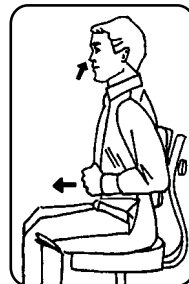
Remember to blink every 3-5 seconds! This lubricates and cleanses your eyes and helps to keep them from burning, stinging and itching.

SIT



Sit upright against the back of the chair to prevent back tension. Bend from your waist without slouching.

BREATHE



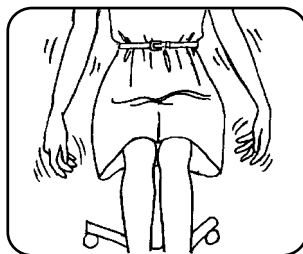
Breathe deeply and regularly. Shallow breathing or holding your breath creates tension and fatigue.

STRAIGHTEN



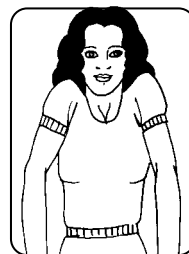
Do not bend your hands or arms up. Keep your arms, wrists and hands level when typing.

SHAKE



Feeling pain or tension in your hands or fingers? Hang your hands at your sides. Shake your fingers vigorously for 15 seconds. Repeat once. This relieves the tension, increases circulation.

SHRUG



Get rid of shoulder and neck tension quickly. Here's how: Inhale as you lift your shoulders up to your ears. Hold them high for a count of five, then exhale as you let your shoulders relax.

ROLL



Your eye muscles need exercise. Close them and imagine a clock in front of you. Roll your eyes from number to number. Five times clockwise, then five more counter-clockwise.



© MMIII The Cambridge Institute for Better Vision.

Not to be reproduced in any form whatsoever without prior written permission

* For detailed assistance with these symptoms read **Total Health at the Computer.**

Available at bookstores, by calling 1-800-372-3937 or by visiting www.bettervision.com