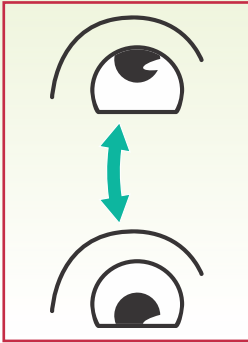


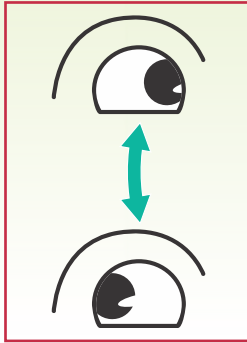
Exercises

Recommended some simple physical exercises to relax during working on computers

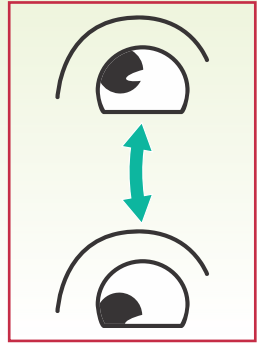
Exercises for the eyes



1. Keep the body and the head upright. Turn the eyes up to look at the ceiling, then turn down to look at the floor.



2. Turn the eyes left and right slowly to look at objects on the two sides.

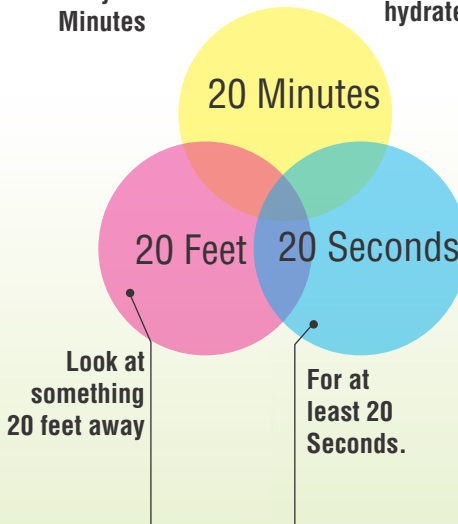


3. Turn the eyes to look at objects at the right upper direction and then the right lower direction. Repeat for the left upper and left lower directions.

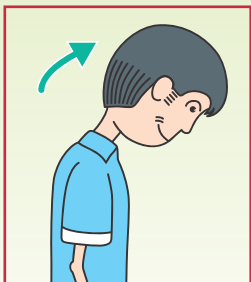
4. The 20-20-20 Rule Preventing Eye Strain

Every 20 Minutes

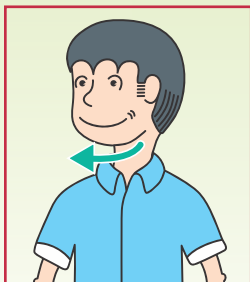
Blink often to hydrate your eyes.



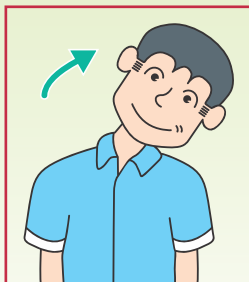
Exercises for the neck



- Keep the arms relaxed at your side.
- Bend your head forward slightly to stretch the neck.
- Hold for 5 seconds.

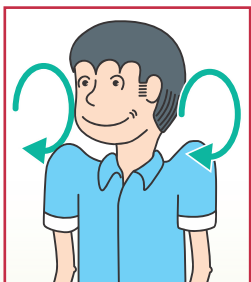


- Keep the arms relaxed at your side.
- Turn the head to one side and hold for 5 seconds.
- Repeat for the other side.



- Keep the arms relaxed at your side.
- Swing the head to the left and hold for 5 seconds.
- Repeat for the other side.

Exercises for the shoulders



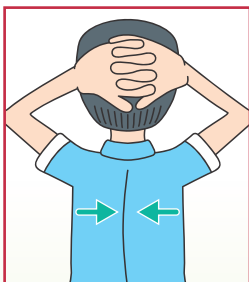
- Raise the shoulders and rotate backward slowly. Repeat 10 times.

Exercises for the upper limbs



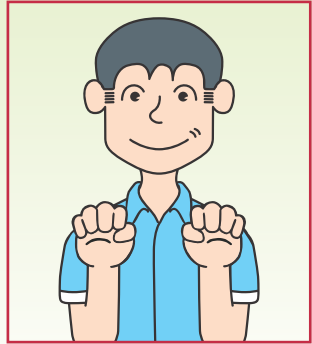
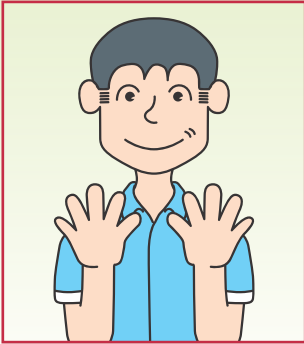
- Cross the fingers and lift both arms up, flip the palms upwards and stretch the upper limbs.
- Hold for 10 - 15 seconds.
- Then relax the shoulders.
- Breathe deeply during the exercise.

Exercises for the shoulders and the upper back

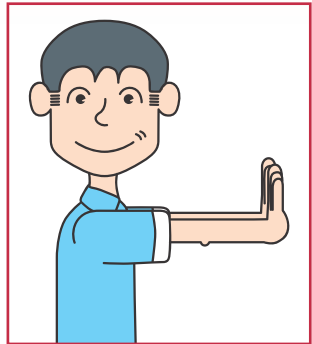
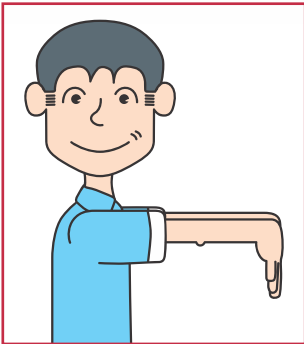


- Sit upright, hold your hands behind your head and stretch your elbows outwards.
- Force the scapulas inwards and feel the pressure at the upper back and the scapulas.
- Hold for 5 seconds and relax.

Exercises for the hands



(1) Stretch the fingers and hold for 10 seconds, then relax.



(2) Lift your arms to chest level with the palms facing downwards. Slowly turn the wrists upwards and hold for ten seconds. Slowly turn the wrists downwards and hold for ten seconds.