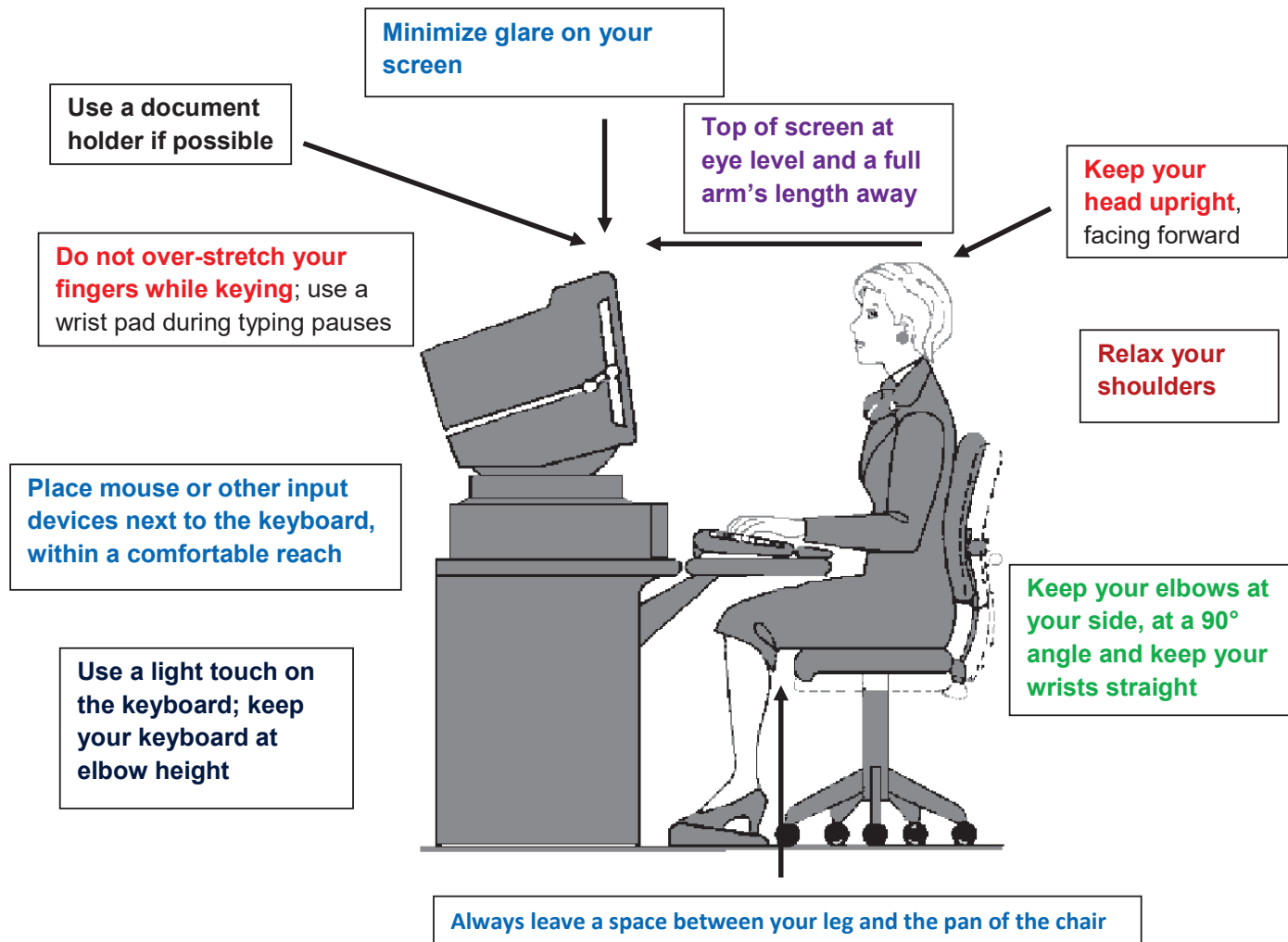


# Our bodies do talk to us - we just have to listen!

This advice needs to be kept in mind while working on a computer – remember when your muscles feel sore it is time to shift position



## Some other tips:

- **Staying in a static position for any length of time is a bad idea.**
- **Your best position is your next position – shift around**
- **Every fifteen minutes focus on a object that is a distance away for about 20 seconds**
- **Do stretches 3-4 times a day**
- **Always keep your wrists in a neutral position**
- **Do not forget to set your home computer up**

**Only you can set yourself up comfortably!**