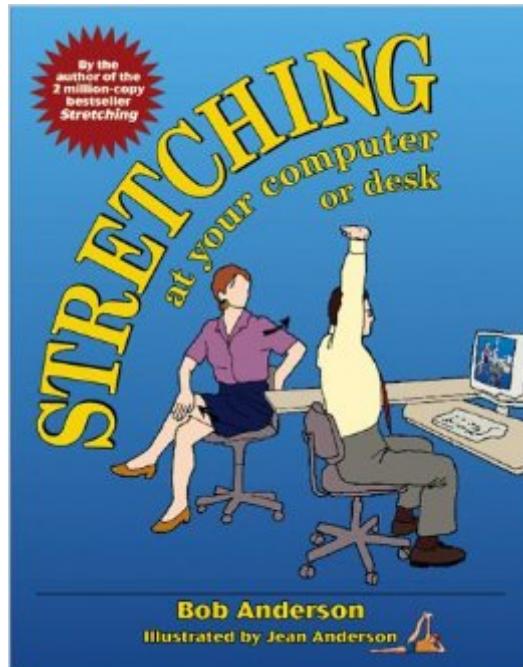


The book was found

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 first 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 stretching. 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 your 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 is 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.

[Download to continue reading...](#)

Stretching at Your Computer or Desk Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) HACKING: Beginner's Crash Course - Essential Guide to Practical: Computer Hacking, Hacking for Beginners, & Penetration Testing (Computer Systems, Computer Programming, Computer Science Book 1) 2017 Physicians' Desk Reference 71st Edition (Physicians' Desk Reference (Pdr)) 2011 Physicians' Desk Reference (Library/Hospital Version) (Physicians' Desk Reference (Pdr)) Windows Vista All-in-One Desk Reference For Dummies (For Dummies (Computer/Tech)) CompTIA A+ For Beginners: The Ultimate Study Guide To Pass Your CompTIA Exam And Get Your Certification (Computer Repair, Computer Hardware, A+ Exam, PC Technician) Stretching with Ease: An Illustrated Guide To Your Fit And Flexible Body The Anatomy of Stretching, Second Edition: Your Illustrated Guide to Flexibility and Injury Rehabilitation How to Build a Computer: Learn How to Build Your Own Computer From Scratch. The Parts, Connecting Everything Together, Installation and more (PC, Windows, Gaming System, Media System, Linux) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S, and Other Symptoms Without Surgery Stretching Anatomy-2nd Edition Stretching: 30th Anniversary Edition The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching The Whartons' Stretch Book: Featuring the Breakthrough Method of Active-Isolated Stretching Prescriptive Stretching Stretching: Pocket Book

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

[Dmca](#)