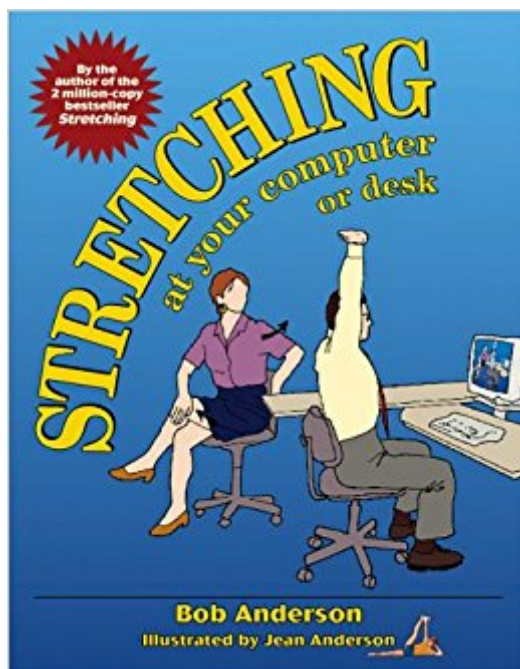


The book was found

Stretching At Your Computer Or Desk



Synopsis

The perfect book to keep on your desk at work. A lot of valuable information is contained in this thin (100 page) book, which also contains plenty of helpful illustrations. The stretches are brief, designed to be carried out when you have a few moments during the day, not in a long athletic stretching session. Instead of organizing stretches by the area of your body, the first part of the book illustrates stretches you can do at different times when you're working - sitting at your desk, standing at the photocopier, talking on the phone. The author suggests that you photocopy the pages and keep them around the office so you can use them more effectively! Then each stretch is described in more detail in the back section. The stretches here are more than just the basics, the hand and back stretches are especially detailed and extensive. There is also a good description of how to avoid strain injuries through both stretching and ergonomic principles.

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: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #2,872,878 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #226 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #498 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

Customer Reviews

The perfect book to keep on your desk at work. A lot of valuable information is contained in this thin (100 page) book, which also contains plenty of helpful illustrations. The stretches are brief, designed to be carried out when you have a few moments during the day, not in a long athletic stretching session. Instead of organizing stretches by the area of your body, the first part of the book illustrates stretches you can do at different times when you're working - sitting at your desk, standing at the photocopier, talking on the phone. The author suggests that you photocopy the pages and keep them around the office so you can use them more effectively! Then each stretch is described

in more detail in the back section. The stretches here are more than just the basics, the hand and back stretches are especially detailed and extensive. There is also a good description of how to avoid strain injuries through both stretching and ergonomic principles.

Great book to keep handy at your desk. The authors encourage photocopying so that you can have it nearby and can see how to do the stretches. Wonderful addition to my massage practice.

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 NicolaouAuthor 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.

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

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.

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. It's 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.

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

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Stretching at Your Computer or Desk Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Back Stretching - Back Strengthening And Stretching Exercises For Everyone 1st Grade Computer Basics : The Computer and Its Parts: Computers for Kids First Grade (Children's Computer Hardware Books) Pokemon Official 2018 Desk Block Calendar - Page-A-Day Desk Format The Simpsons Official 2018 Desk Block Calendar - Page-A-Day Desk Format The Oxford American Desk Thesaurus (Oxford Desk Reference Series) Doctor Who Official Desk Easel 2018 Calendar - Month To View Desk Format 2017 Physicians' Desk Reference 71st Edition (Physicians' Desk Reference (Pdr)) PDR: Physicians Desk Reference 2010 (Physicians' Desk Reference (Pdr)) Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use Crs Computer-Related Syndrome: The Prevention & Treatment of Computer-Related Injuries iWoz: Computer Geek to Cult Icon: How I Invented the Personal Computer, Co-Founded Apple, and Had Fun Doing It Computer Memory: Develop A Computer Like Memory In 5 Minutes A Day (Think Faster, Smarter, Sharper) Computer Organization and Design MIPS Edition, Fifth Edition: The Hardware/Software Interface (The Morgan Kaufmann Series in Computer Architecture and Design) Digital Logic Design and Computer Organization with Computer Architecture for Security Computer Organization and Design, Fourth Edition: The Hardware/Software Interface (The Morgan Kaufmann Series in Computer Architecture and Design) Data and Computer Communications (10th Edition) (William Stallings Books on Computer and Data Communications)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)