

## 1. USE YOUR CHAIR



Sit on your chair with your legs crossed, sit up straight, hold in your tummy and then lift yourself up using the armrests. Hold for 10 – 20 seconds and repeat 5 times.

## 2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your palms either side of you. Move your bum forward and then bend your arms to dip and raise yourself. This is great exercise for your arms.

## 3. WRISTS



If you spend a lot of time typing at your desk you may be at risk from carpal tunnel syndrome. To lower the risk simply carry out this move every day. Stand at your desk, place your palms on the desk with your fingers facing towards you. Keep your arms straight and lower your body until you feel the stretch. Hold for 15 seconds.

## 4. LOWER BODY STRETCH



Sit in your chair, feet flat on the floor. Extend one leg out in front of you, hold for 2 seconds. Raise it as high as you can and hold for 2 seconds. Repeat 15 times on each leg.

# Guide To Ms Office With Exercises

**Joan Lambert, Joyce Cox, Curtis Frye**



## **Guide To Ms Office With Exercises:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Guide To Ms Office With Exercises**

In some sort of inundated with monitors and the cacophony of instant communication, the profound energy and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, located within the musical pages of **Guide To Ms Office With Exercises**, a captivating perform of fictional elegance that pulses with natural emotions, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus instructions viewers on a psychological odyssey, gently exposing the latent possible and profound affect stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key subjects, dissect its interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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