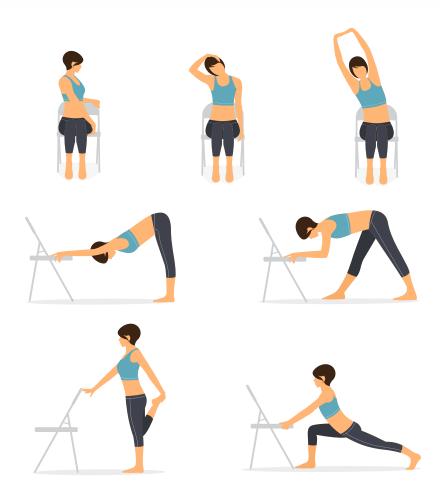


When you spend your day at the computer, it's easy to forget to get up and move a little. Just a couple minutes of stretching can do a lot to alleviate stress and relieve tension. Next time you have a 5-minute break, try some of these stretches you can do right from your chair.



Locally sponsored by:

