



Stretching in the Office

Bob Anderson

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Stretching in the Office

Bob Anderson

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Staying Loose provides simple stretching routines to make high-tech life healthier. Easy-to-follow instructions and line drawings accompany each stretch. The book also includes tips on creating an ergonomic workstation. “Task-specific stretches that keep you stress-free on the job.” — Self magazine “Addresses the dilemma of the ... workday: getting in some exercise when you have no time to work out.” — Publishers Weekly

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