



Stretch your body, stretch your mind.

1

Shoulder pain and headache again! I can't come up with new gimmick!

2

Why don't you stop and do some stretching exercise to relax?

3

A short relief from stress can increase your efficiency at work!

4

What a good plan!

Try to have a few minutes of stretching exercise after continuously working for 45-60 minutes. This might help relieve from your physical and mental stress.

