



Stretching in the Office

By Bob Anderson

Shelter Publications Inc., U.S., United States, 2002. Paperback. Book Condition: New. 226 x 175 mm. Language: English . Brand New Book. 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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