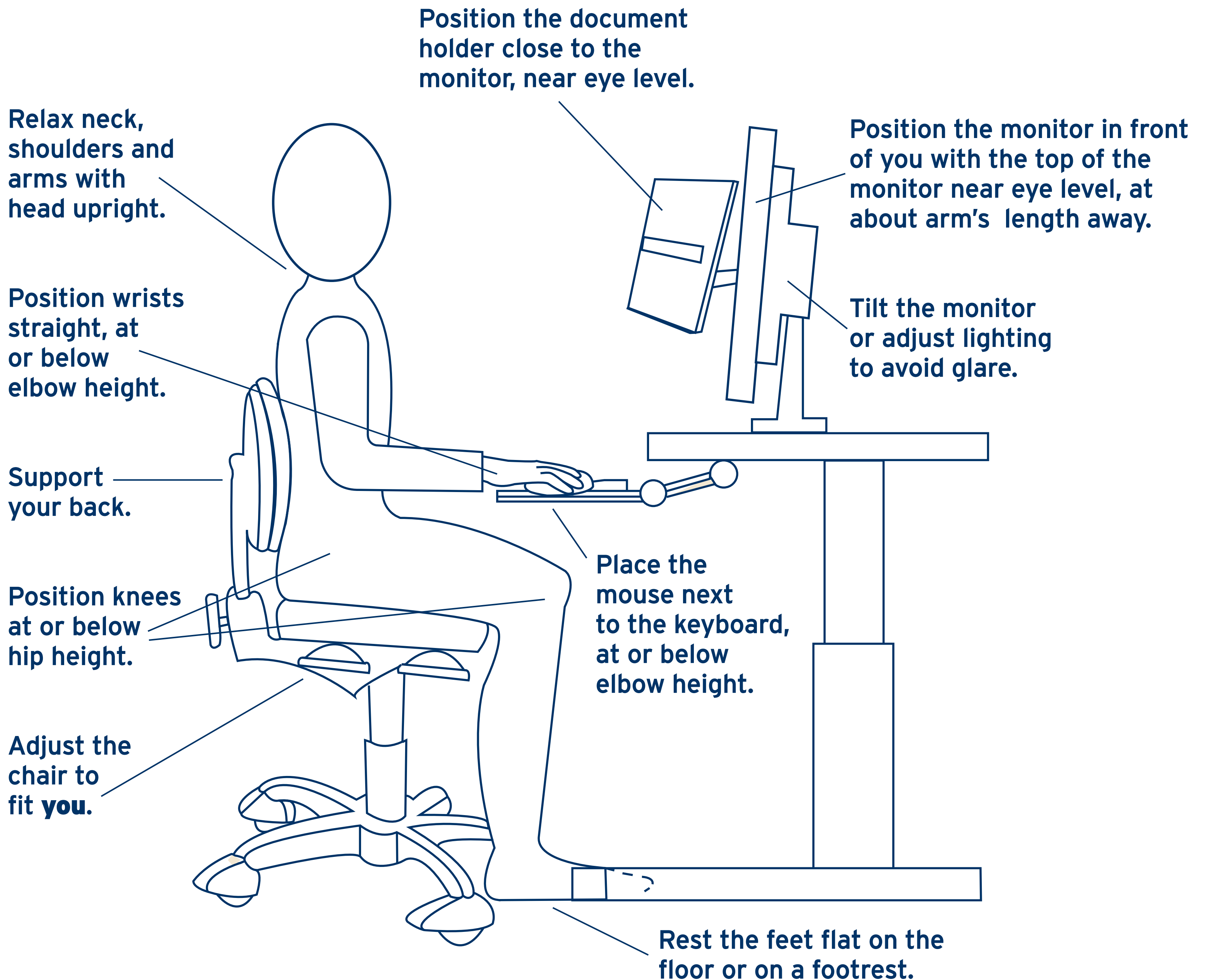


TEN TIPS FOR COMPUTER USERS



MOST IMPORTANT!

Stretch or walk at least once per hour and keep moving throughout the day.