

# Neck Exercise To Do At The Computer

A friend, Dr. Imanuel Morenings, who is a Chiropractor sent me this.

Scroll down.....

We stare at the computer  
For hours, every day.  
MySpace, Facebook and Google  
Entrapped us in their hands.

We never take a break  
To exercise ourselves.  
It seems too hard today.  
We cannot leave the Net.

The doctors give us warnings.  
But we don't give a dang .  
Too lazy for a workout,  
Too busy for a break.

I wrote this little poem  
For all those at work or play  
To make them do some movement  
And scare the pain away!

So if you need a warm up,  
But cannot leave your chair  
Re-read this text all over  
At least three times per day!

Every few minutes, step away from the computer and take a break to walk about your space and move your arms and shoulders as well as easily moving your neck in its planes of motion. Don't force the movement.