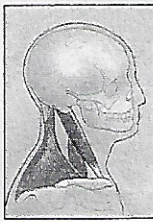


FACE CLOCK



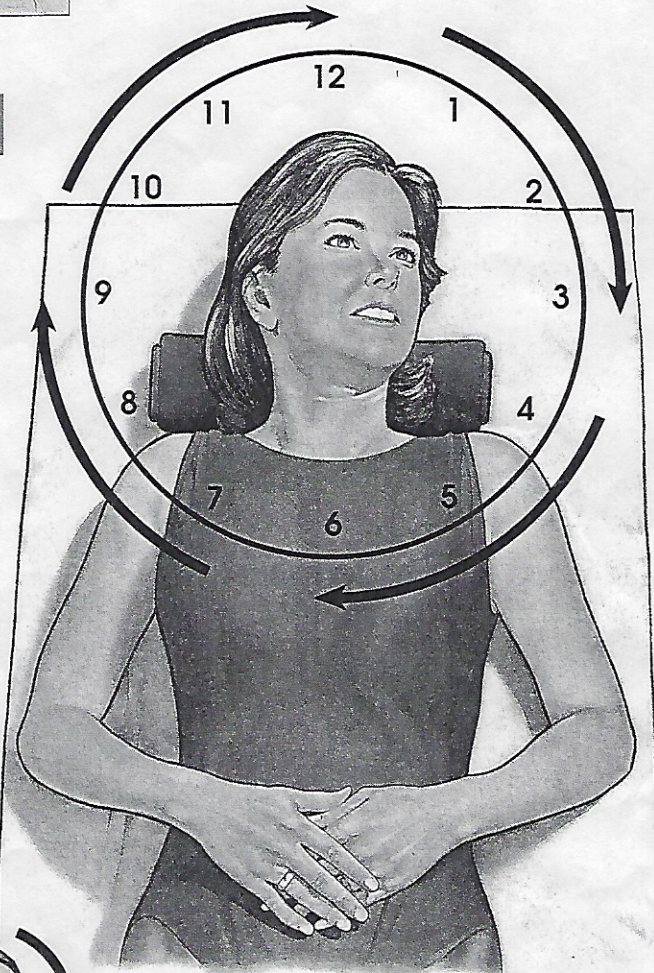
This exercise increases your neck's mobility for front-facing activities, such as working at a computer or reading a book.

HOW TO

- 1 Lie on your back with your head in neutral, your knees bent, and your feet flat on the floor.
- 2 Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise. Repeat 5 times in each direction.

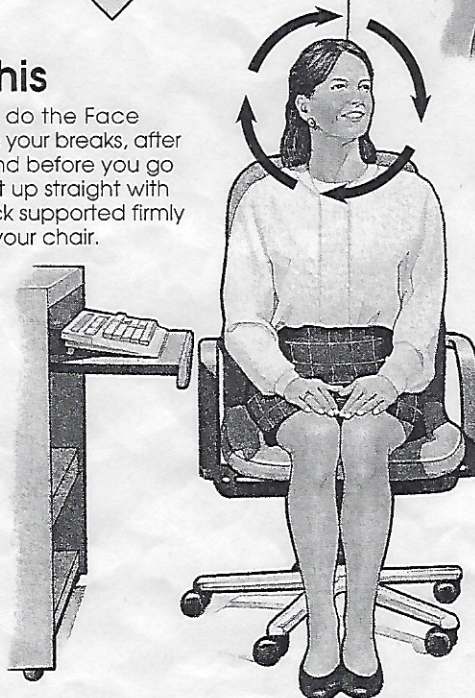
CAUTION

Don't stay in one position too long—keep your neck moving to avoid tightening your muscles.



Try This

At work, do the Face Clock on your breaks, after lunch, and before you go home. Sit up straight with your back supported firmly against your chair.



Special Instructions
