

## Fight Travel Fatigue

1. Move your head slowly to the far left, hold for 5 seconds, then move your head to the far right, hold for 5 seconds, then move your head slowly to the far left, hold for 5 seconds, then move your head slowly to the far right, hold for 5 seconds, return to center. Do 5 times.
  2. Drop your chin toward your chest, hold for five seconds, return to center. Do 5 times.
  3. Touch left ear with left shoulder, hold for five seconds, touch right ear with right shoulder, hold for 5 seconds, return to center. Do 5 times.
  4. Rotate left shoulder 10 times. Rotate right shoulder 10 times. Roll both shoulders forward 5 times. Rotate both shoulders backwards 5 times.
  5. With both hands in front of you open and close your fists fast 10 times.
  6. With both hands in front of you in loose fists, rotate left hand 5 times, rotate right hand 5 times, rotate both hands 5 times.
  7. Squeeze your buns (buttocks) together (not with your hands!), hold for count of 5, release. Do 5 times.
  8. Extend both legs. Point left foot forward. Rotate ankle 10 times. Repeat with right foot/ankle.
- PS You can also follow the above routine whenever you have been sitting in front of your computer for an extended period of time and feel in need of a quick "pick-me-up." Again, do only as much as is comfortable.