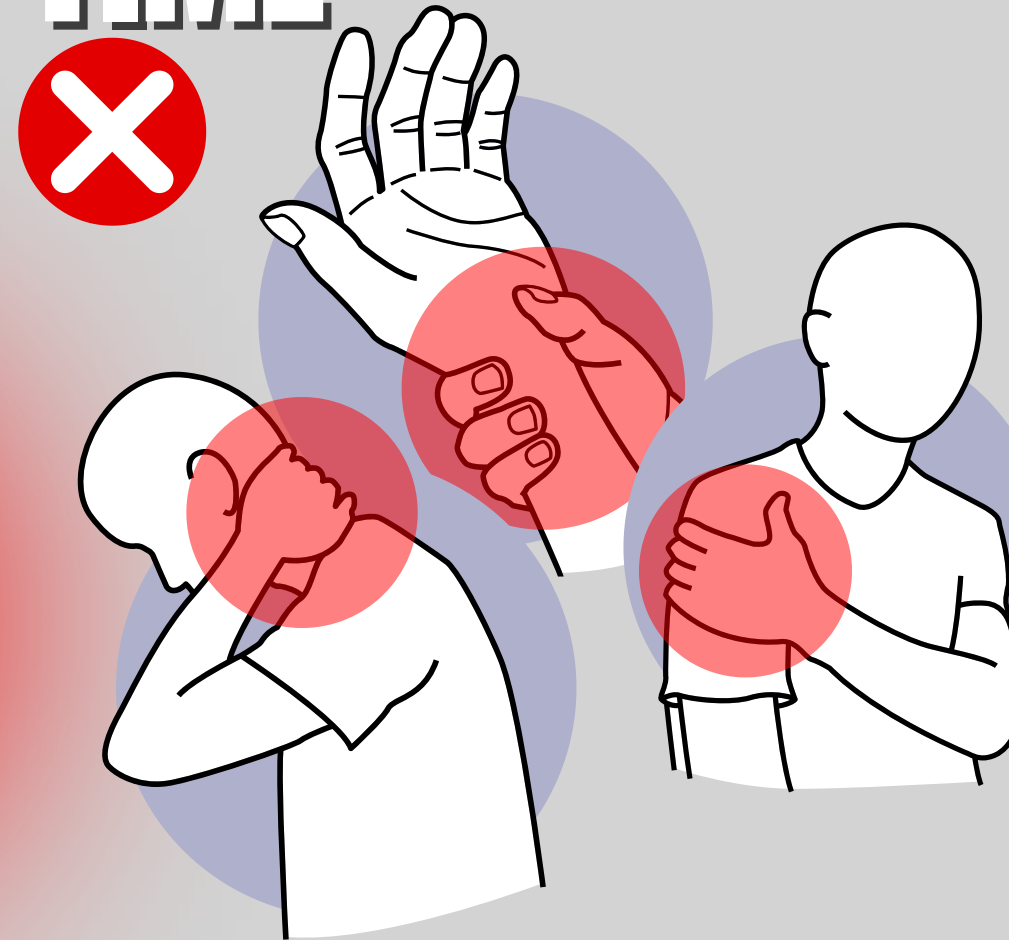




**10 MINUTE  
AWARENESS ABOUT**

**SEDENTARY BEHAVIOR**

**MY HISTORY**  
**I'M DOING RESEARCH,**  
**I DON'T HAVE TIME**





**THE BODY IS  
DESIGNED TO  
MOVE**



**Every 45 minutes, or whenever I can,  
I do a little exercise.**



**Hand**



**Shoulder**



**Neck**



**Eyes, nose**



# *Hand*

Spinder finder



# *Hand*



**hook fist hook**



# ***Hand***



**hook flat**

# ***Shoulder***

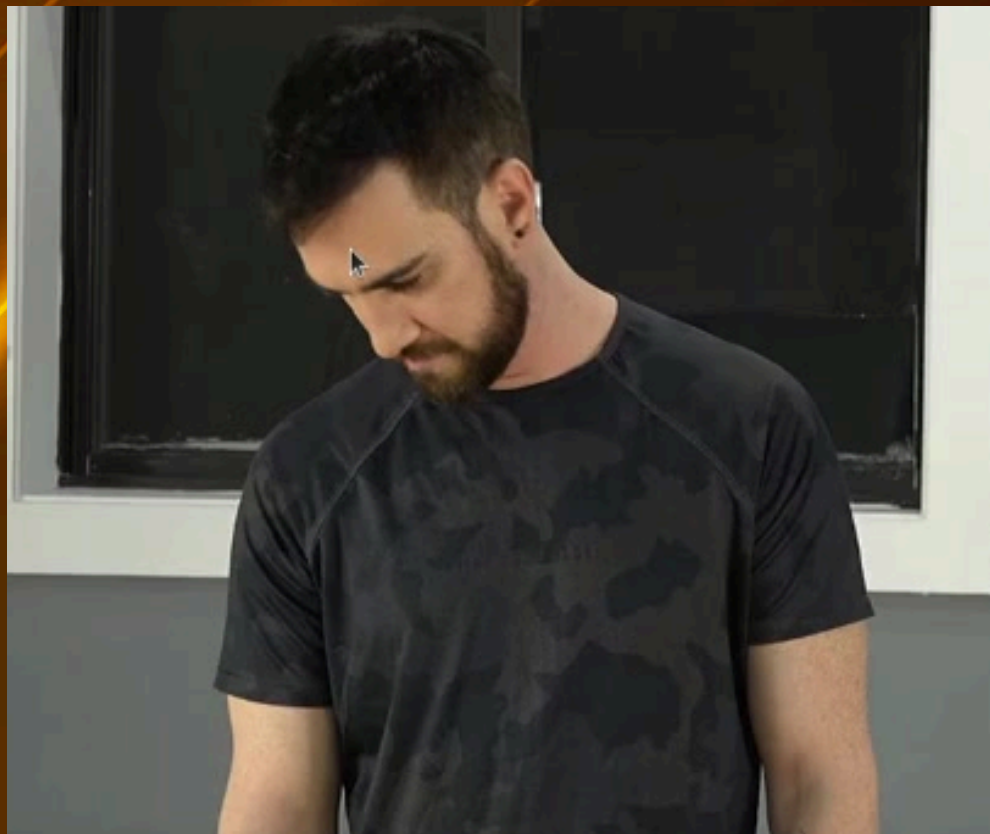


**Shoulder rotation**



# Neck

Neck Rotation



Neck Rub

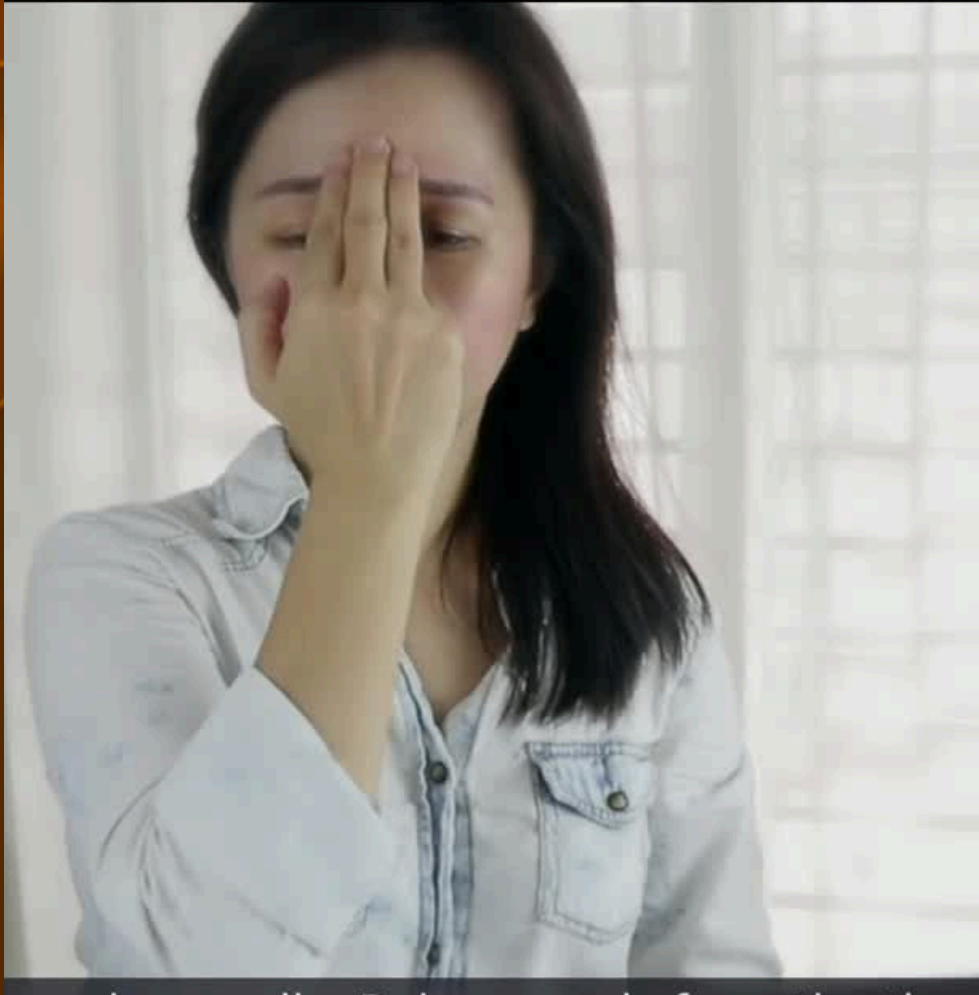


# *Eyes*





# ***Nose***



# ***Forehead***



**More exercises**

