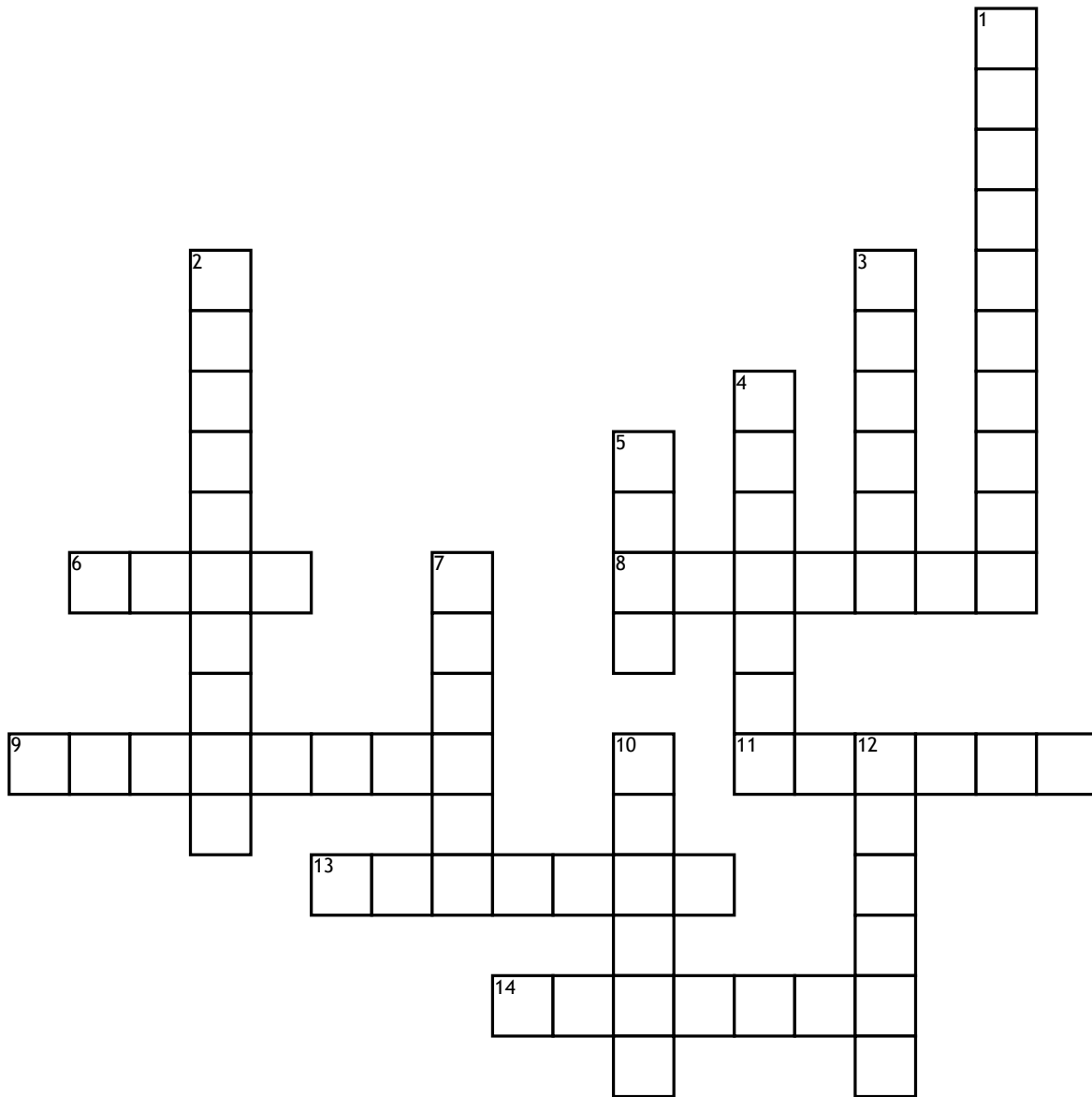


Ergonomics



Across

6. 12. Stop stretching if you can't do it without _____.

8. 4. Stretching warms and _____ your muscles and tendons.

9. 5. To stretch out your neck, keep your head _____ and in line with your shoulder, turn completely to the left and hold, then turn back to the center.

11. 8. Breathe deeply and _____ while performing stretches.

13. 6. You can stretch out your shoulders by keeping your arms close to your sides while standing, slowly rolling them backwards in large _____ for 10-seconds reverse direction and repeat.

14. 2. Stretching can relieve stress and help with muscle _____.

Down

1. 3. Stretching reduces risk of ergonomic injuries such as carpal tunnel syndrome or _____.

2. 11. Making the effort to set aside time to stretch throughout the day can be _____ to your health.

3. 1. Do not _____ while holding a stretch.

4. 10. Stretches should be held for 5-30 _____.

5. 13. Pain is not gain - you should only stretch until you feel a _____ tension that relaxes as you hold the stretch.

7. 9. If you have recently had surgery or any muscle or joint problems, consult your _____ before starting a stretching program.

10. 14. Periodically take time to close your eyes for a minute at a time and then focus on an object at least _____ feet away.

12. 7. Stretching helps increase blood flow and _____ to your extremities.