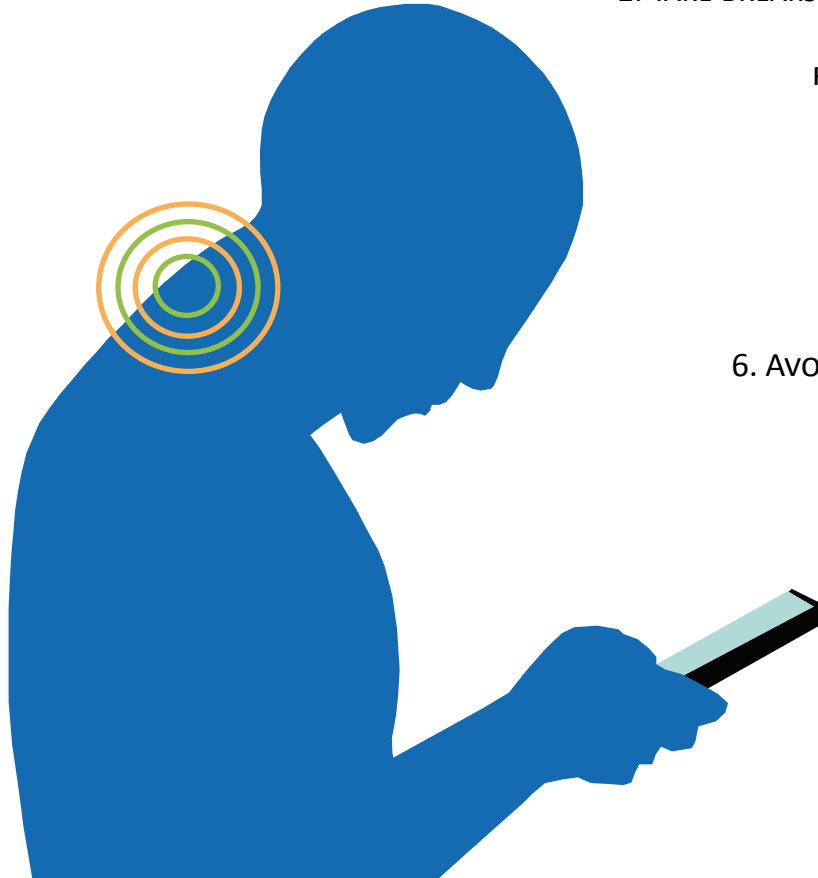


WHEN USING SMART DEVICES, THIS IS HOW TO AVOID NECK TENSION:



1. TAKE BREAKS FROM SITTING AND STAND UP A FEW TIMES AN HOUR
2. VARY YOUR WORKING POSITIONS:
REMEMBER THAT THE BEST POSITION IS THE NEXT ONE
3. MEET PEOPLE AND FRIENDS FACE TO FACE,
NOT JUST ON YOUR SCREEN
4. EXERCISE REGULARLY – NOT JUST AT WEEKENDS
BUT DURING THE WEEK TOO
5. LIFT YOUR HEAD UP SEVERAL TIMES AN HOUR AND
CORRECT YOUR POSTURE BY STRETCHING YOUR CHEST
6. AVOID USING SMART DEVICES FOR LENGTHY PERIODS AND
OPT FOR VOICE MESSAGES EVERY NOW AND THEN
7. TAKE DRINK BREAKS
8. BREATHE DEEPLY A FEW TIMES AN HOUR
SO THAT YOU FEEL YOUR CHEST EXPAND
9. FIND MORE INFORMATION HERE:

WWW.YTHS.FI/EN/HEADSUP



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