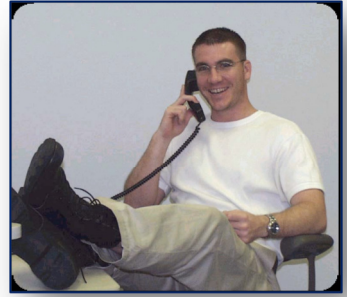


Do you suffer from **Leg Strain**?

Symptoms: Pain or strain either centralized or throughout legs

Deskercize Solutions:

1. Lower chair height or provide a Footrest so that feet are resting comfortably and the legs are at a right angle with the knees slightly lower than the hips.



BALLET BENDS - Stand with your feet comfortably apart, your toes turned slightly outward. Hold the back of a chair if you need support. Keep your back straight and slowly bend your knees over your toes. It's important not to extend your knees beyond your toes in order to avoid stress on the knees. Straighten, by pushing up through your feet.