VDT DAILY

1. DEEP BREATHING
   - Inhale through your nose
   - Exhale through your nose
   - Let your stomach expand and contract

2. REACHING HIGH
   - Raise your arms over your head
   - Stretch as high as you can
   - Repeat 2 times

3. NECK GLIDE
   - Glide your head back as far as it will go
   - Keep your head and ears level
   - Slowly bring it forward
   - Repeat 3 times

4. UPPER BACK STRETCH
   - Raise your hands to your shoulders
   - Use your arms to push your shoulders back (keep your elbows down)
   - Hold for 15 seconds
   - Repeat 3 times

5. LOWER BACK STRETCH
   - Lower your head
   - Slowly roll your body as far as you can to your knees
   - Hold for 10 seconds
   - Push up with your legs
   - Repeat 3 times

6. ARM CIRCLES
   - Raise your arms, straightening your elbows
   - Slowly rotate your arms in small circles forward, then backward
   - Repeat 3 times

7. WRIST FLEX
   - Place one elbow on a table, hand raised.
   - With your other hand, gently bend it back toward the forearm.
   - Hold 5 seconds, switch hands.
   - Repeat 3 times

8. FINGER FAN
   - Hold your hands in front of your, palms down.
   - Spread your fingers apart as far as possible
   - Hold for 5 seconds then make tight fists.
   - Repeat 3 times

9. BLINKING
   - Blink often to keep your eyes moist preventing itching and aid cleaning

10. PALMING
    - Shape your hands into shallow cups
    - Place them lightly over your closed eyes
    - Hold for 1 minute

11. REFOCUSING
    - Periodically look away from the monitor and focus on an object at least 20 feet away.
    - Repeat 3 times

12. EYE ROLLING
    - Roll your eyeballs clockwise 3 times
    - Then counterclockwise
    - (Make wide circles)