

CyberBreak

September 7, 2007

Get your stretch on!



There are still some spaces available if you'd like to attend a Yoga Class. Email **Marcie Canal** ASAP, as spaces fill fast!

The class will be offered on:

Thursday, September 13, 2007
Fitness Center Classroom
1-2pm

Proper attire is necessary and class will start promptly at 1PM.

Rosh Hashanah!

1st Day of Ramadan! Wednesday, September 12, 2007



According to **Wikipedia**, Ramadan is the 9th month in the Islamic (*Hijri*) Calendar and is derived from an Arabic word (رمضان, *Ramaḍān*) for intense heat and scorched ground. Rosh Hashanah begins after sundown on September 12th.

Here is the class schedule for the upcoming holiday:

Wednesday, September 12th – NO EVENING CLASSES
Thursday, September 13th – NO CLASSES.

Take a Break!

A common cause of ergonomic problems result from repetitive, continuous motions or actions, such as typing, writing, or even driving! Many times, people become so involved in their tasks that they forget a very important duty: **Take a Break!**

It is just as important to take a break from a task as accomplishing and finishing a task. Today, we spend so much time on computers at work and at home, whether it is reading documents, writing emails, or playing video games. In any case, taking a 5-minute break can do wonders. By taking preventative steps today, you'll help yourself (or at least your hands!) in the future. Here are some basic stretches you can do, **AT YOUR WORKSTATION**, to help your overworked muscles.

- 1) Make tight fists and bend with both wrists facing down. Hold the position for 5 seconds. Repeat 10 times.
- 2) Extend your left arm in front of you with your palm facing up. Place your right hand fingers on top of your left palm and push the left hand backwards, keeping your elbow straight. Hold for 10 seconds, then repeat using the other hand.

Remember to allow time between stretches to let your arms loose and relaxed. For more ergonomic stretches, techniques, or concerns, please email **Johanna** or call x6800.

Monday, September 10th
Don't forget to turn in your timesheets by 10am to Administrative Services.



If you have any comments, suggestions, or announcements for **CyberBreak**, please email them to **Johanna** by **Wednesday** to assure it will be included in the next edition.