

Stretching @ Your Desk Videos

<http://www.centre4activeliving.ca/workplace/trr/tools.html>

New faster and easier downloading

August, 2007, EDMONTON, AB: New **Stretching @ Your Desk** videos have just been released by the Alberta Centre for Active Living.

The **Stretching @ Your Desk** and **Yoga @ Your Desk** (launched in June) videos are part of the Alberta Centre for Active Living's **Physical Activity @ Work** website

(<http://www.centre4activeliving.ca/workplace/>).



Available both in English and French, each stretching video takes about as long as a coffee break. Certified fitness consultant Lindsay Wright (Be Fit for Life Coordinator at Alberta's Provincial Fitness Unit) takes you through a series of stretches that give you a refreshing active break in the middle of your day.

The exercises in these videos are designed to counter the effects of sitting at your desk by focusing on stretches for your back, neck and shoulders. The exercises come in stages so that you can work on different parts of your body.

Most of the exercises can be done right in front of your computer monitor. No need for special clothes or equipment.

The Stretching @ Your Desk and Yoga @ Your Desk videos are now streamed for faster downloading. To make them easier to access, you can play them using QuickTime, Real Player, VideoLan or Windows Media Player. (Windows Media Player is best if you have firewall issues with QuickTime or Real Player.)

The Alberta Centre for Active Living is affiliated with the Faculty of Physical Education and Recreation at the University of Alberta and supported by the Alberta Sport, Recreation, Parks & Wildlife Foundation and the Alberta Government.