

Stretching At Your Computer Or Desk By Bob Anderson

By Bob Anderson

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Anderson, Bob. Title: Stretching. Title : Stretching at Your Computer or Desk Stretching by Bob Anderson. Stretching helps keep your muscles

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Bob Anderson is the author of *Stretching at Your Computer or Desk* by Bob Anderson, help out and invite Bob to Goodreads.

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Very good book on stretching. If you are working on your computer all the time, this is an excellent source to stay fit and prevent many of the computer related ailments.

Stretching It - Entrepreneur.com. Bob Anderson, president of Stretching Inc. in Palmer Lake, Colorado, and author of *Stretching at Your Computer or Desk*

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Repetitive stress injuries (Anderson 1997) *Stretching at Your Computer or Desk*. Bolinas, CA: Shelter Publications Inc.;

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