

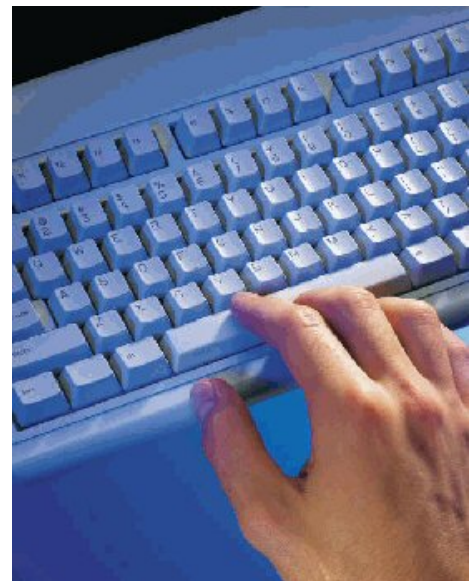
Exercising Your Hands and Wrists @ Your Desk: A New Video From the Alberta Centre for Active Living

http://www.centre4activeliving.ca/workplace/trr/tools/hands_atdesk.html

EDMONTON, AB, January 24, 2008: The Alberta Centre for Active Living has just released its latest addition to the Physical Activity @ Work website: Exercising Your Hands and Wrists @ Your Desk.

We often use our hands and wrists while we are at our desks, especially when we use computers. When we keep making the same movements, we could strain or even injure our hands and wrists.

Led by a Certified Fitness Instructor, this five-minute video (the latest in a series of videos on the Physical Activity @ Work website) helps people who work at computers keep their hands and wrists strong and flexible.



For more information about this video, contact:

Angela Torry
Education Coordinator
Alberta Centre for Active Living
Faculty of Physical Education and Recreation
University of Alberta
Edmonton AB
Tel.: 780 415-8885
E-mail: angela.torry@ualberta.ca
