

# TAKE A BREAK!



*Dear Doctor,*

We salute your dedication for the well-being of human health through a noble profession. Everyday, hundreds of patients are getting cured with your affectionate touch.

But while counseling your patients for a long time, sitting on the chair, can bring about backaches due to poor posture, mental stress and eye strain, among other effects.

Hence, here are some **simple steps** according to the **AMERICAN COLLEGE OF SPORTS MEDICINE**, that you can follow in order to improve your posture and keep your body active.

We pray for your sound health.



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# The following stretches can help you prevent back pain and relief from stress



Ref: American College of Sports Medicine

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