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Editor's Note



For some reason, I'm feeling energized today, and that's in spite of computer problems that are about to drive me right up the wall. Maybe it's the fact that the weather is suddenly spring-like, my windows are open, and the snow that was on my lawn when I woke up is almost melted. Or maybe it's because I have a hearty pot of homemade vegetable soup warming on the stove. Who knows? Anyway, today's exercise is perfect for me because I'm determined to charge through the rest of the day and don't want to take time to even get up from my desk.

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Shoulder Shrugs

If you're feeling less than ambitious today, you can still give yourself a gold star if you do this simple "exercise." You'll feel a nice stretch and reduce some stress at the same time.

Step 1: Put your head down to your chest.

Step 2: Shrug your shoulders up and down.



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