

Editor's Note



Where would you be this busy season if you didn't have the use of your fingers? I had the bad fortune to find out how that would work a few busy seasons ago when I broke the wrist of my good hand at the beginning of March. Even the simplest tasks like stacking a pile of papers to place in a file folder or opening a jar were nearly impossible. And trying to apply deodorant or put in contact lenses was just a lost cause. Ever since that time, I've worked at strengthening my fingers and wrists with hand weights and small exercises like the ones presented today.

Gail Perry
Editor-in-Chief
editor@accountingweb.com

Day 54: March 20, 2012

Day 54: Pampering Your Pinkies

You're at the computer most of the day. When you're not typing on a large keyboard, you're texting on your smartphone. Those digits get a workout and it's important to keep them in top shape. Today's daily fitness exercises focus on the fingers, improving dexterity and coordination.



Spider Push-ups

Step 1: Touch the fingers and thumbs of your right hand to the fingers and thumbs of your left hand.

Step 2: Keeping your fingers touching, straighten your fingers and push your hands together.

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