

Editor's Note

In another week you'll be out of the darkness and will realize that there is sunlight outside and flowers are growing! For now, however, the hours ahead still seem endless, and your body has been paying the price of long days and nights at your desk. When your only exercise is walking to and from your car at the beginning and end of the day, it doesn't take much to make your muscles complain. Today we're paying attention to neck muscles that usually start aching in the late afternoon. When you're finished with today's neck-stretching exercise, click the "Neck" tag at the bottom of the exercise if you'd like more ideas on how to work the kinks out of your neck.

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Day 68: April 9, 2012**Day 68: Neck Pain Relief**

Exercises for the neck are extremely important, especially if you're experiencing neck pain. If done correctly and on a regular basis, you'll notice greater range of motion and less stiffness with movement. When you're sitting for long periods of time, this neck-stretching exercise is particularly helpful if you do it every twenty to thirty minutes.



Step 1: Place your finger on the front of your chin.

Step 2: Draw your chin away from your finger as you pull your chin in. This is basically a nodding movement with your head, as if saying "yes," without dropping your head or looking down. You should feel a gentle pull in the back of your neck.

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