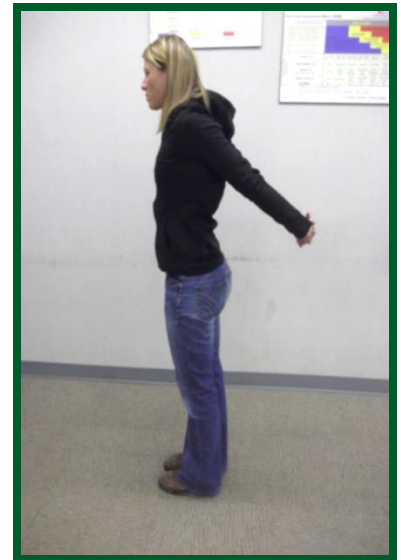


# Stretch to Get Rid of that Headache



- Did it ever occur to you that tight muscles are responsible for your tension headaches?
- Do you spend your days stooped over a drill press, work bench or hunched over a computer terminal
- Remaining in a poor posture for extended periods puts a strain on already tense muscles
- Fatigue sets in as blood flow decreases, resulting in knots and muscle spasms
- This causes even tighter muscles and more severe symptoms, which can cause tension headaches

## To Relieve Your Headache, Try These Three Simple Stretches



***Remember To Hold Each Stretch for 60 Seconds***



**West Fraser Mills Ltd.**

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Crew  
Talk