Ohio University Furniture

Recommendations

Goal: The purpose of the Ohio University Furniture Standards is to aid all campus departments in making sound furniture selections that are consistent with our campus.

Our staff is dedicated to customer satisfaction, keeping in mind the best interest of the university. In the following pages we will describe for you the furniture we carry, complete with pictures of different patterns and designs. As we realize that office furniture must serve the purpose of comfort beyond its appearance, we have listed ergonomic guidelines that will help you to stay physically comfortable in your office environment. These guidelines will give you an understanding of the positions and postures most supportive to the body and also help you to choose the most appropriate furniture to meet your needs.
Furniture selection requires consideration in several different areas. The color and style of the furniture should coordinate with the other finishes in the space, as well as the building. The quality of the fabric should meet manufacturer standards since these fabrics meet all wear and fire criteria. In the catalogue the fabric selections have been chosen for their durability and versatility. To facilitate furniture decisions, Design & Construction has a furniture library that allows clients to experience the product construction and other attributes firsthand. Various workstations and accessories are also on display.

Dealers are listed for each product, though other vendors are available. All price listings are based on the Inter-University Council Purchasing Group of Ohio. The I.U.C. is a published price agreement of approved products for Ohio’s universities. All of the pricing includes delivery to your office. Larger discounts may apply to sizable orders.

If you need assistance in matching existing furnishings, do not see what you want, or are remodeling a public space, please contact Design & Construction at 593-2727. For areas in COM, please contact Dean Dupler 593-2118. Regional Campuses contact Facilities Directors. Direct questions about the requisition /purchase order process to Kathy Hoisington of Procurement Services at 593-1959.
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Note: Verify pricing and finish updates with vendor since the time of printing.
Manufacturer: Allsteel

Model: # 19
Sizes: Overall: 39.5" - 44.5" H; 26.5" W; 27" D
Features: All adjustable arms, pneumatic height adjustment, carpet casters, seat slider
Price: $836.00
Frame: Charblack Metallic
Fabrics: Tria Solids

AS1913
Xanadu
AS1911
Monarch Blue
AS1902
Basil
AS1903
Black

Model: Ambition
Sizes: Overall: 39.5 44"h.; 26.5" W.
Features: All adjustable arms, pneumatic height adjustment, carpet casters, seat slider
Price: $355.00
Frame: Black

Chord
Umber
Chord
Nile
Chatterbox
Caramel
Emery
Sangria
Emery
Juniper

Vendor: CIBI
Contact: Randy Richardson
Clara I. Brown Interiors, Inc.
ph. 614-224-9180
f. 614-221-7974
Manufacturer: Allsteel

Model: Sum
Sizes: Overall: 40”-45”H.; 24.75”W.; 25.5”D.
Features: Adjustable arms, pneumatic adjustment, carpet casters, adjustable seat depth, tilt lock
Price: $557.00
Frame: Black
Fabrics:

Vendor: Clara I. Brown Interiors, Inc.
Contact: Randy Richardson  ph. 614-224-9180  f. 614-221-7974
Manufacturer:  Haworth

Model:  Improv H.E. High-Back Task Chair
Features:  Adjustable task arms, sliding seat pan, back lock, pneumatic height adjustment
Price:  $399.00
Frame:  Black
Fabrics:  
- Ravenna
- Pietra
- Horizon
- Oolite
- Sweep
- Compass

Model:  TAG Task Chair
Features:  Adjustable task arms, seat pan adj., height adjustment
Price:  $456.00
Frame:  Black
Mesh:  Lava

Model:  Zody
Features:  Adjustable task arms, seat pan adj., back lock, height adjustment
Price:  $515.00
Frame:  Black
Mesh:  Black
Fabrics:  
- Ravenna
- Pietra
- Horizon
- Oolite
- Sweep
- Compass

Vendor:  KBI  King Business Interiors
Contact:  Kim O'Brien  ph. 614-430-0020  f. 614-430-0022
Manufacturer:  Herman Miller

Model:  Aeron
Features:  Kinemat tilt, tilt tension, pellicle suspension, two-stage pneumatic, adjustable lumbar support, positive tilt limiter, forward seat angle
Price:  $796.00
Frame:  Black
Fabrics:

Model:  Mirra
Features:  Swivel tilt lock, pneumatic, adjustable seat, back, and arms
Price:  $640.00  $672.00 w/uph.back
Frame:  Black
Fabrics:

Model:  Celle
Features:  Swivel tilt lock, pneumatic, adjustable seat, back, and arms
Price:  $483.00
Frame:  Black
Back and Seat:

Vendor:  Continental Office Environments
Contact:  Rob Owens  ph. 614-262-5010  f. 614-261-1231
Manufacturer: Humanscale

Model: Freedom
Sizes: Overall: 37"- 45"H; 24.5"-26.5"W; 22.5"-25.5"D.
Features: All adjustable arms, pneumatic adjustment, high back support, seat pan adjustment
Price: $625.00
Frame: Black

Fabrics:

Wave  Wave  Wave  Wave  Wave
Loden 402  Navy 507  Dk. Brown 201  Poppy 714  Graphite 102

Vendor: KBI  King Business Interiors
Contact: Kim O'Bryan  ph. 614-430-0020  f. 614-430-0022
Manufacturer: Steelcase

Model: Amia
Features: Lumbar/height adjustment, back lock, height/width adjustable arms
Price: $423.00
Frame: Black
Fabrics:

Model: Leap 462121
Features: Adjustable arms and seat; tilt and lumbar
Price: $697.00
Frame: Black
Fabrics:

Model: Think
Features: Adjustable seat depth and arm height/width
Price: $569.00
Frame: Black
Fabrics: Available w/headrest

Upholst. Back: $517.00

Vendor: Loth Office Experts
Contact: Tarra Aufderheide
ph. 614-487-4900 f. 614-930-2161
Manufacturer: Herman Miller

Model: Caper Stacking Chair
Features: Stacking, molded seat, back, and arms
Price: $164.08
Frame: Metallic Silver
Shell:

- Chocolate
- Sweet Corn
- Evergreen
- Black
- Evergreen
- Salsa
- Citron
- Blue Fog

Vendor: Continental Office Environments
Contact: Rob Owens
         ph. 614-262-5010  f. 614-261-1231
Manufacturer: KI

Model: Versa Side Chair #96WAL
Features: 4 legs
Price: $224.00
Frame: Black
Fabrics:

Streetscape Street Street Street Street Street
Blue on Blue Cactus Sand Rainforest Tuxedo Black and Tan

Riverwalk Riverwalk Riverwalk
Banyan Freshwater Jungle

Vendor: KBI  King Business Interiors
Contact: Kim O'Bryan  ph. 614-430-0020  f. 614-430-0022
**Manufacturer:** Steelcase

**Model:** Player Side Chair

**Features:** Plastic arm caps, does not stack

**Price:** $177.55

**Frame:** Black

**Fabrics:**
- Playground
- Chile
- Sky
- Jacks
- Camel
- Jacks
- Lichen
- Jacks
- Plum

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**Model:** Player Side Chair, Armless

**Features:** Does not stack

**Price:** $157.00

**Frame:** Black

**Fabrics:**
- Playground
- Chile
- Sky
- Jacks
- Camel
- Jacks
- Lichen
- Jacks
- Plum

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**Vendor:** Loth Office Experts

**Contact:** Tarra Aufderheide

**Phone:** 614-487-4900

**Fax:** 614-930-2161
Manufacturer: Herman Miller

Model: Passage Box/Box/File Pedestal
Sizes: 27.25” x 15” x 22”
Price: $416.44
Finishes:

![Finish Options](image)

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

Model: Passage File/File Pedestal
Sizes: 27.25” x 15” x 22”
Price: $401.36
Finishes:

![Finish Options](image)

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

Vendor: Continental Office Environments
Contact: Rob Owens
ph. 614-262-5010  f. 614-261-1231
**Manufacturer:** Herman Miller

**Model:** Passage Peninsula Desk  
**Sizes:** 30” x 72”  
**Price:** $1,215.60  
**Finishes:**

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

**Laminate:**

- Vanilla

**Model:** Passage Table Return  
**Sizes:** 24” x 60”  
**Price:** $645.00  
**Finishes:**

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

**Laminate:**

- Vanilla

**Vendor:** Continental Office Environments  
**Contact:** Rob Owens  
**ph.** 614-262-5010  
**f.** 614-261-1231
Manufacturer: Herman Miller/Meridian

Model: Meridian 5000 Shell Desk
5Ro-7230-LLSS__TLIX__
Sizes: 30" x 72" shell
Price: $683.24
Finishes:

Soft White  Inner Tone Light  Medium Tone  Slate Grey

Laminate:

Vanilla

Model: Meridian 5000 Shell Return
5Ro-6024-LLSS__TLIX__
Sizes: 24" x 60" return only
Price: $591.02
Finishes:

Soft White  Inner Tone Light  Medium Tone  Slate Grey

Laminate:

Vanilla

Vendor: Continental Office Environments
Contact: Rob Owens  ph. 614-262-5010  f. 614-261-1231
Manufacturer: Steelcase

Model: Ellipse Left-hand Desk w/ 48" Right-hand Return

Sizes: 30" x 72", 24" x 48" return

Features: Back edge is radius edge, front edge gradually angles toward user, ends finished w/ PVC vinyl edge

Price: $1,515.12

Includes: (1) ADXM3072L7 Desk
(1) ADXM2448L7 Desk
(1) ASHM1815X2 Pedestal
(1) ASFL1815X2 Pedestal
(1) ASHC1921X1 Center Drawer

Finishes:

Option 1:

Sand Paint Vanadium Fiber Laminate Sand Trim

Option 2:

Fieldstone Paint Blonde Bronze Laminate Fieldstone Trim

Option 3:

Fog Paint Tungsten Fiber Laminate Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide ph. 614-487-4900 f. 614-930-2161
Manufacturer: Steelcase

Model: Ellipse Double Pedestal Desk w/Center Drawer
Sizes: 30" x 72"
Features: Back edge is radius edge, front edge gradually angles toward user, ends finished w/ PVC vinyl edge
Price: $1,127.91
Includes: (1) ADXM3072L7 Desk (2) ASHB1815X2 Pedestal (1) ASHC1921X1 Center Drawer

Finishes:
Option 1:
- Sand Paint
- Vanadium Fiber Laminate
- Sand Trim

Option 2:
- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

Option 3:
- Fog Paint
- Tungsten Fiber Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide
ph. 614-487-4900    f. 614-930-2161
Manufacturer: Steelcase

Model: Ellipse Left-hand Desk w/60" Right-hand Return

Sizes: 30" x 72", 24" x 60"

Features: Back edge is radius edge, front edge gradually angles toward user, ends finished w/ PVC vinyl edge

Price: $1,755.50

Includes: (1) ADXM3072L7 Desk
(1) ADXM2460L7 Desk
(1) ASHM1815X2 Pedestal
(1) ASFL1815X2 Pedestal
(1) ASHC1921X1 Center drawer

Finishes:

Option 1:

- Sand Paint
- Vanadium Fiber Laminate
- Sand Trim

Option 2:

- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

Option 3:

- Fog Paint
- Tungsten Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide  ph. 614-487-4900  f. 614-930-2161
Manufacturer: Steelcase

Model: Series 9000 Double Pedestal Desk w/ Center Drawer #9267C

Sizes: 30" x 70" x 30"(H)

Features: Full-height back panel, one (1) convenience one (1) partition per box drawer, one (1) compressor per file drawer

Price: $1,252.46

Finishes:

Option 1:
- Sand Paint
- Vanadium Fiber Laminate
- Sand Trim

Option 2:
- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

Option 3:
- Fog Paint
- Tungsten Fiber Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide ph. 614-487-4109 f. 614-930-21
Manufacturer: Steelcase

Model: Series 9000 Single Pedestal Desk w/ Center Drawer #9267BR

Sizes: 30" x 70" x 30"(H)

Features: Full-height back panel, one (1) convenience tray, one (1) partition per box drawer, one (1) compressor per file drawer

Price: $986.97

Options: Must Specify Left- or Right-handed order with any opposite hand return. Right-hand desk shown only.

Finishes:

Option 1:

- Sand Paint
- Vanadium Laminate
- Sand Trim

Option 2:

- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

Option 3:

- Fog Paint
- Tungsten Fiber Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide ph. 614-487-4900 f. 614-930-2161
Manufacturer: Steelcase

Model: Series 9000 Return Unit #9259BEFL
Sizes: 30" x 60" x 30"(H)
Features: Full height modesty panel, (1) tray, one partition per drawer, (1) compressor per file drawer
Price: $779.12
Options: Must Specify right or left hand; Left-hand return shown.

Finishes:

Option 1:

- Sand Paint
- Vanadium Fiber Laminate
- Sand Trim

Option 2:

- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

Option 3:

- Fog Paint
- Tungsten Fiber Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide    ph. 614-487-4109    f. 614-930-2161
Must specify right or left hand Steelcase

**Model:** Series 9000 Return Unit #9035GEFL

**Sizes:** 25” x 45” x 30”(H)

**Features:** Full height back panel, one tray, one partition per box, compressor per file drawer

**Price:** $779.17

**Options:** any *opposite* hand single pedestal desk. Left-hand return shown.

**Finishes:**

**Option 1:**
- Sand Paint
- Vanadium Fiber Laminate
- Sand Trim

**Option 2:**
- Fieldstone Paint
- Blonde Bronze Laminate
- Fieldstone Trim

**Option 3:**
- Fog Paint
- Tungsten Fiber Laminate
- Fog Trim

Vendor: Loth
Contact: Tarra Aufderheide    ph. 614-487-4109    f. 614-930-2161
Manufacturer: Steelcase

Model: Series 200 Lateral File

Sizes: Available in 2-, 3-, or 4-Drawer

2-Drawer:
18"D x 30"W x 27"H
18"D x 36"W x 27"H
18"D x 42"W x 27"H

3-Drawer:
18"D x 30"W x 39"H
18"D x 36"W x 39"H
18"D x 42"W x 39"H

4-Drawer:
18"D x 30"W x 52"H
18"D x 36"W x 52"H
18"D x 42"W x 52"H

Features: One (1) label holder per drawer, two (2) hanging folder frames per drawer, side-to-side or front-to-back filing (36"W has side-to-side filing only)

Prices:

2-Drawer:
30"W - $347.89
36"W - $412.14
42"W - $457.82

3-Drawer:
30"W - $453.81
36"W - $519.57
42"W - $581.32

4-Drawer:
30"W - $565.25
36"W - $648.58
42"W - $741.96

Finishes:

- Sand
- Fieldstone
- Fog

Vendor: Loth
Contact: Tarra Aufderheide
ph. 614-487-4900 f. 614-930-2161
Manufacturer: Herman Miller/Meridian

Model: Meridian Unity Lateral File
Sizes: Available in 2-, 3-, or 4-Drawer
2-Drawer: 18"D x 36"W x 27"H
18"D x 36"W x 27"H
18"D x 42"W x 27"H
3-Drawer: 18"D x 36"W x 38"H
18"D x 36"W x 38"H
18"D x 42"W x 38"H
4-Drawer: 18"D x 36"W x 52"H
18"D x 36"W x 52"H
18"D x 42"W x 52"H
Features: Side-to-side or front-to-back filing
Price: 2-Drawer: 30"W - $476.18
36"W - $521.42
42"W - $581.74
3-Drawer: 30"W - $636.84
36"W - $697.16
42"W - $780.10
4-Drawer: 30"W - $798.66
36"W - $873.48
42"W - $978.46
Finishes:

Soft White  Inner Tone Light  Medium Tone  Slate Grey

Vendor: Continental Office Environments
Contact: Rob Owens  ph. 614-262-5010  f. 614-261-1231
Manufacturer: KI

Model: 700 Series Lateral File

Sizes: Available in 2-, 3-, or 4-Drawer

2-Drawer: 18"D x 30"W x 27"H
18"D x 36"W x 27"H
18"D x 42"W x 27"H

3-Drawer: 18"D x 30"W x 40"H
18"D x 36"W x 40"H
18"D x 42"W x 40"H

4-Drawer: 18"D x 30"W x 52"H
18"D x 36"W x 52"H
18"D x 42"W x 52"H

Features: Includes lock, folder bars, side-to-side filing

Price:

2-Drawer: 30"W - $450.80
36"W - $496.72
42"W - $534.80

3-Drawer: 30"W - $577.92
36"W - $644.00
42"W - $709.52

4-Drawer: 30"W - $781.76
36"W - $836.64
42"W - $988.40

Finishes:

- Sand
- Blue Grey
- Creamy White
- Dolphin
Manufacturer: Herman Miller/Meridian

Model: Meridian Unity Lateral File

Sizes: Available in 2-, 3-, or 4-Drawer

2-Drawer: 18"D x 30"W x 27"H
18"D x 36"W x 27"H
18"D x 42"W x 27"H

3-Drawer: 18"D x 30"W x 38"H
18"D x 36"W x 38"H
18"D x 42"W x 38"H

4-Drawer: 18"D x 30"W x 52"H
18"D x 36"W x 52"H
18"D x 42"W x 52"H

Features: Side-to-side or front-to-back filing

Price: 2-Drawer: 30"W - $476.18
36"W - $521.42
42"W - $581.74

3-Drawer: 30"W - $636.84
36"W - $697.16
42"W - $780.10

4-Drawer: 30"W - $798.66
36"W - $873.48
42"W - $978.46

Finishes:

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

Vendor: Continental Office Environments
Contact: Rob Owens  
ph. 614-262-5010  f. 614-261-1231
Manufacturer: Herman Miller/Meridian

Model: Meridian Unity Vertical File
Sizes: Available in 2-, 3-, or 4-Drawer
2-Drawer: 15"D x 28"W x 30"H
3-Drawer: 15"D x 28"W x 45"H
4-Drawer: 15"D x 28"W x 62"H

Price:
2-Drawer: $481.80
3-Drawer: $637.56
4-Drawer: $793.32

Finishes:

- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

Vendor: Continental Office Environments
Contact: Rob Owens  ph. 614-262-5010  f. 614-261-1231
**Manufacturer:** Herman Miller/Meridian

**Model:** Meridian Unity Vertical File

**Sizes:** Available in 2-, 3-, or 4-Drawer
- 2-Drawer: 15”D x 28”W x 30”H
- 3-Drawer: 15”D x 28”W x 45”H
- 4-Drawer: 15”D x 28”W x 62”H

**Price:**
- 2-Drawer: $481.80
- 3-Drawer: $637.56
- 4-Drawer: $793.32

**Finishes:**

<table>
<thead>
<tr>
<th>Finish</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft White Light</td>
<td><img src="image" alt="Soft White" /></td>
</tr>
<tr>
<td>Inner Tone Light</td>
<td><img src="image" alt="Inner Tone Light" /></td>
</tr>
<tr>
<td>Medium Tone</td>
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</tr>
<tr>
<td>Slate Grey</td>
<td><img src="image" alt="Slate Grey" /></td>
</tr>
</tbody>
</table>

**Vendor:** Continental Office Environments

**Contact:** Rob Owens  
ph. 614-262-5010  
f. 614-261-1231
Manufacturer: Steelcase

Model: Universal Series Storage Cabinet

Sizes: Available in 3 sizes
(1) Model RSC18365RF: 18"D x 36"W x 5.5" H
(2) Model RSC18366QF: 18"D x 36"W x 3.5"H
(3) Model RSC24365KF: 24"D x 36"W x 65"H

Features: (1) Model RSC18365RF: Lock, 4 adjustable shelves
(2) Model RSC18366QF: 1. 5 adjustable shelves
(3) Model RSC24365KF: Lock, 4 adjustable shelves

Prices: (1) Model RSC18365RF: $602.40
(2) Model RSC18366QF: $689.75
(3) Model RSC24365KF: $639.05

Finishes:

- Sand
- Fieldstone
- Fog

Vendor: Loth
Contact: Tarra Aufderheide  ph. 614-487- -4900   f. 614-930-2161
Manufacturer: Steelcase

Model: 730 Series Bookcase

Sizes: Available in 3 sizes
3 - shelf RBC15364A: 15"D x 36"W x 53.5"H
4-Shelf RBC15365A: 15"D x 36"W x 65.5"H
5-Shelf RBC15366A: 15"D x 36"W x 82"H

Features: Adjustable shelves

Prices:
3-Shelf: $382.53
4-Shelf: $475.39
5-Shelf: $604.41

Finishes:
- Fog
- Fieldstone
- Sand

Vendor: Loth
Contact: Tarra Aufderheide ph. 614-487-4900 f. 614-930-2161
Manufacturer: KI

Model: 700 Series Bookcase
Sizes: Available in 4 sizes
3-Shelf #S7B/3051012: 12"D x 30"W x 55"H
3-Shelf #S7B/3651012: 12"D x 36"W x 55"H
4-Shelf #S7B/3063012: 12"D x 30"W x 67"H
4-Shelf #S7B/3663012: 12"D x 36"W x 67"H

Features: Adjustable shelves

Price:
3-Shelf #S7B/3051012: $310.65
3-Shelf #S7B/3651012: $359.29
4-Shelf #S7B/3063012: $373.06
4-Shelf #S7B/3663012: $429.70

Finishes:
- Sand
- Blue Grey
- Creamy White
- Dolphin

Vendor: KBI King Business Interiors
Contact: Kim O'Bryan ph. 614-430-0020 f. 614-430-0022
Manufacturer: Herman Miller/Meridian

Model: Meridian Bookcase

Sizes: Available in 3 sizes
3-Shelf: 15"D x 36"W x 42.5"H
4-Shelf: 15"D x 36"W x 68.5"H
5-Shelf: 12"D x 36"W x 83.5"H

Features: Adjustable shelves

Price:
3-Shelf: $381.64
4-Shelf: $418.76
5-Shelf: $682.66

Finishes:
- Soft White
- Inner Tone Light
- Medium Tone
- Slate Grey

Vendor: Continental Office Environments
Contact: Rob Owens  ph. 614-262-5010  f. 614-261-1231
Manufacturer: Humanscale

Model: 6G Mechanism
Features: Std. platform, 19" gel w/synthet. Leather

Price: $199.60

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Model: CPU600 CPU Holder
Features: Adjusts to fit CPUs 3.5"-9" wide and 12"-20" tall supports up to 30 lbs., glides on 16" track full rotation

Price: $67.27

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Vendor: KBI King Business Interiors
Contact: Kim O'Bryan  ph. 614-430-4900  f. 614-430-0022
Manufacturer: Details/Steelcase

Model: Stella Keyboard Platform
27" Wide Platform, Ambidextrous,
23" Track, w/Positional Palm Rest
Price: $233.50

Model: Stella Diagonal Keyboard Platform
17" Platform w/Extended Foam Palm Rest
Available w/18" Platform
Price: $208.50

Model: Footrest
Four Positions 2"-4" Off of Floor
Price: $57.50

Vendor: Loth
Ergonomics - Stress Relieving Exercises

Give joints and muscles a rest by taking periodic breaks and stretching.

**BACK**
Stand and raise your right arm overhead, bending to one side. Count to five. Repeat on the opposite side. Do three times daily.

Stand, supporting the lower back with hands, and gently arch backward. Count to five. Next, bend forward, placing hands on knees, and count to five. Do three times daily.

**NECK**
Lower your left ear to your shoulder. Slowly tuck chin to chest and roll head to the right until the right ear lowers to the shoulder. Repeat often during the day.

**SHOULDERs**
Circle your shoulders forward, then backward. Repeat often.

Cross arms over chest and hold for a count of five. Leading with the elbows, push arms back and hold for five. Repeat often.

**HANDS & WRISTS**
Tightly clench your hands and then release, fanning out the fingers. Do this five times.

Rest your forearm on a table top. Grasp the fingers of one hand and gently bend back your wrist for five seconds.