[IMAGE] Office Fitness Timer | toyourhealth.com To Your Health is the leading source of alternative health news and wellness education information serving holistic minded patients [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

Contact Us Help

[IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE]

[IMAGE]

E-mail to a Friend   Printer Friendly   PDF
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**Office Fitness Timer** 

[IMAGE]	
In This Issue: • Chronic Pain Can Wreck Your Life	
Antioxidants for Acne	
• <u>Reflux Drugs &amp; Migraines</u>	
<u>Kids Need Exercise</u>	
• <u>The Life Extender</u>	
• <u>3 Ways to Lose It</u>	Here's a quick way to stay on top of office fitness. Just click one of the minute amounts at the top of
Previous Issues	the screen. The timer will start, and when you've reached that time, the box will start flashing green. It's built this way so that if you're stretching in the office, you can just glance at the screen to see if
Did You Know?	you've completed the amount of time you wanted to. Just click the "Stop" button to stop the flashing.
<ul> <li>Our Salt Intake Could Kill Us</li> <li>3 Days to Healthier Living</li> </ul>	Have fun and stay fit!
<ul> <li><u>Surgery – Bad for Your Brain</u></li> <li><u>Cholesterol and Kids: Wait, Don't Ma</u></li> </ul>	www.My-Health-And-Fitness.org
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