HOW TO INSTALL MUGHEAD VOL 1

1. Insert Take a Break with Mughead® Volume 1 CD into CD-ROM drive of your PC or access from your network server.

2. The Mughead Installation program will activate and guide you through the installation process. Ensure you read all relevant information.

MINIMUM SYSTEM REQUIREMENTS

IBM compatible PC / Pentium 200MHz or faster
Windows XP, 2000, Me, NT4 or 98
32 Meg of RAM / 15Mb of free Hard Disk space

HEALTH MESSAGE

IMPORTANT: All users of the Take a Break with Mughead® program should be made aware that if they experience any discomfort or pain while performing any exercise, they should stop and consult their healthcare practitioner.

OTHER CD-ROM PRODUCTS

TAKE A BREAK WITH MUGHEAD® Volume 2
SAFETY CLIPART® Volume 1 & 2
SAFETY SIGNS CLIP ART
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SAFETY & HEALTH KOPY KIT - AUSSIE VERSION

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shoulder circles
back stretch
eye massage
reach up
wrist stretch
shoulder stretch
walk on the spot
low back rotation
side leans
hand shake
EXERCISES AVAILABLE ON VOLUME 2

- shoulder shrugs
- chin tucks
- deep breathing
- chest stretch
- calf raises
- lunges
- biceps stretch
- back arch
- neck stretch
- hand shake

35 Vannam Drive Ashwood Victoria 3147 Australia
Phone: 03 9888 1829  Email: sales@hprresources.com.au  Web: www.hprresources.com.au
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After Take a Break with Mughead is installed on your PC there are a number of ways to customise your Breaks. By right mouse clicking the Mughead icon in the bottom right corner of your screen a number of menu options will appear.

These include:
- Options
- About
- Message
- Exit
- Update

1. OPTIONS

Start with Windows
Mughead is designed to go to work when you do. If this option is activated Mughead will start his first exercise routine at the frequency you have set from the time you booted your PC.

Hide after each Message
Mughead will disappear from your screen immediately after the exercise routine has been completed when this option is activated. Otherwise he will remain on your desktop until you hide him.

Speech Bubble
Each exercise has a written explanation that appears in the form of a speech bubble. This option allows you to have the bubble activated or de-activated. It is recommended that this option remain activated until you are sufficiently educated on all the exercises.

Character Speech
For those with speakers attached Mughead can talk to you. You can allow this or mute his speech through this option.

Exercises
A slider bar allows you to have one, two or three exercises everytime Mughead appears on your screen. All exercises are random and therefore a large number of routines are possible.

Frequency
The length of time between breaks is entirely up to you. You can select the frequency from 15 minutes to 2 hours.
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