

The human body is designed to move

Find the perfect balance between sitting, standing and moving

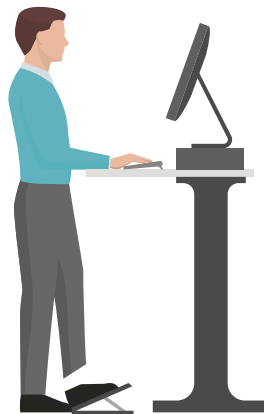
TRY BREAKING YOUR DAY INTO 30 MINUTE CHUNKS, EACH CHUNK SHOULD BE SOMETHING LIKE THIS...



20 MINUTES SITTING

8 MINUTES STANDING

2 MINUTES MOVING OR STRETCHING



TIPS FOR SITTING

- Feet supported
- Hips slightly higher than knees
- Sit back in the chair so you are supported
- Forearms level to desk
- Eyes level with top of screen

TIPS FOR STANDING

- Forearms level to desk
- Head balanced
- Shoulders relaxed
- Feet hip distance apart
- Consider using a foot rest

TIPS FOR MOVING/STRETCHING

- Take a walk around the office
- Talk to colleagues instead of emailing
- Use the stairs
- Stretch regularly
- Walk when you break

BY MAKING CONCIOUS DECISIONS, WE CAN MAKE SIGNIFICANT IMPROVEMENTS TO OUR HOME AND OFFICE LIVES.