

Keeping Well at Work

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Posture: Straighten Up and Type Right

It's very important to maintain proper posture when you spend most of your day at a desk. Ideally, you should have an adjustable chair that can be raised/lowered based on your height. Keep your lower back supported. Consider bringing a small, firm pillow to keep at the office. Feet should be flat on the floor, with your elbows and wrists level to your keyboard. Your mouse and other often used tools should be easily reachable to minimize the risk of repetitive motion injuries. If you find yourself hunching over, stand up and do a quick stretch—it makes a big difference!

Eyes: The Better to See You With

When you spend most of your day staring at a computer screen, you're putting your eyes through their paces. At optimal distance, your screen should be about an arm's length away from you. If you're using a laptop, set it to adjust automatically depending on the light around you. During lunches and breaks, step away from the computer— give your eyes a break! If you find yourself getting frequent headaches, consider scheduling an appointment with your local optometrist.

A Walk a Day Keeps the Excess Weight Away

Working a desk job can cause your daily physical activity to take a nosedive. Take a quick walk at lunchtime to get your blood flowing. Do a few stretches at your desk—many can be done sitting down. Some companies offer discounts at local gym facilities, or have their own. Find out what your options are and take advantage of them!

You Are What You Eat

Many offices have their own cafeteria, or are in walking distance from fast-food establishments. But don't fall into the trap! Pack your own lunch, and treat yourself maybe once or twice a week. Keep healthy snacks at your desk, such as fruit or nuts. If you must venture out for lunch, there are always healthier options. Most importantly, monitor yourself. If you feel yourself putting on weight, keep track of what you're eating for a week and then adjust accordingly.

It's easier than you think!

Incorporate the above into your workweek and you'll find yourself raring to go for the weekend, and much better come Monday morning.