

Workable Solutions

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Staying fit and healthy while working at home

1. Make exercise part of your daily schedule. Find a time that suits you and put it in your diary. Do an indoor workout or go out for a walk.
2. Are you sitting comfortably?
 - Is your chair at the right height so your elbows are just above the surface of your desk?
 - Are your feet flat on the floor? If not, you need a footrest.
 - Is your chair close to the desk? The backrest should be supporting your back fully while you work.
 - If you are using a laptop you will need a separate keyboard and mouse.
 - Is your screen directly in front of you and height adjusted?
 - Is your keyboard directly in front of you, close to the front of your desk? Don't rest your wrists on the desktop.
3. Sitting still for long periods is not healthy and can affect the muscles in your back, neck and shoulders as well as your circulation. Take a break from sitting approximately every 30 minutes. Set an alarm and stand up and stretch.
4. Take short breaks away from your desk throughout the day and move around, for example, when you make a drink and/or answer your phone.
5. Do some desk-exercises. Simple stretches and movements that can be done at your desk will improve your circulation and relax tense muscles.
6. Change your posture or even stand up and walk around while talking on the phone. If possible, have an active meeting, going for a walk with a colleague or customer.
7. Go for a walk at lunchtime. This will also improve your concentration for the rest of the day.
8. Set a target. For example, using an app, count your steps, not just when you go out for a walk but throughout the day.

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