

## Transcript

Many of us spend most of our work hours sitting at our desks, in front of computers. Sitting for long periods of time is not healthy. But there are ways to make your workday less harmful to your body and your health.

First, every 30 minutes take a “work break”. Get up and stretch or take a walk. You can still be productive. Choose these times to walk to the printer or photocopier, walk to your co-workers office to meet, or pace while on the phone. You may want to set a reminder on your computer or phone so you remember to get up and get moving often.

Next, make sure that the time you do spend sitting doesn't harm your posture.

Good posture has many health benefits. It helps to open up the airways so you breathe easier. A good posture can also prevent or reduce back and neck pain, a common complaint for many people.

To maintain a good posture, make sure your desk area is ergonomically correct. This means, set up in a way that makes working at your desk as easy as possible on your body.

Adjust your chair so your feet are flat on the floor when you are sitting. You want to have your knees and hips at about the same height.

Depending on the height of your desk and how much your chair adjusts, you may need to have a footrest.

Your arms should fall at your sides comfortably, keeping your elbows between 90 and 110 degrees.

Place your computer monitor 20 to 40 inches directly in front of your face, not off to the side. And make sure it is at eye level or slightly below to reduce the strain on your neck.

Instead of a chair, you may choose to sit on an exercise ball at your desk. This can help build your core strength; the muscles you use to cushion and protect your spine and neck. Just be sure to buy the correct size ball for your height.

You may also be able to use a standing desk. Many of these types of desks can adjust at the touch of a button allowing you to stand while you work for periods of time throughout the day.

Make sure to keep your elbows between 90 and 110 degrees.

If you are sitting, your forearms should be parallel to your legs and your wrists should be fairly flat when you type. If your wrists are angled upwards or downwards while typing, you may need to adjust your keyboard or get a wrist rest.

Don't forget to keep your computer mouse close to your keyboard so you don't have to stretch to use it. If there are other items on your desk that you use often, keep them close to you as well.

If you spend a lot of time on the phone, think about getting a hands-free headset. The less time you spend holding a phone to your ear, the better your neck, shoulders and back will feel.

Readjust your position often. And remember to move on a regular basis. Keep exercise bands or free weights at your desk to help you keep all of your muscles active and moving during your work day.

Don't wait until you notice neck or back pains to make these adjustments. It is much easier to prevent an injury than it is to repair one. Get up and get moving as often as possible, every day.