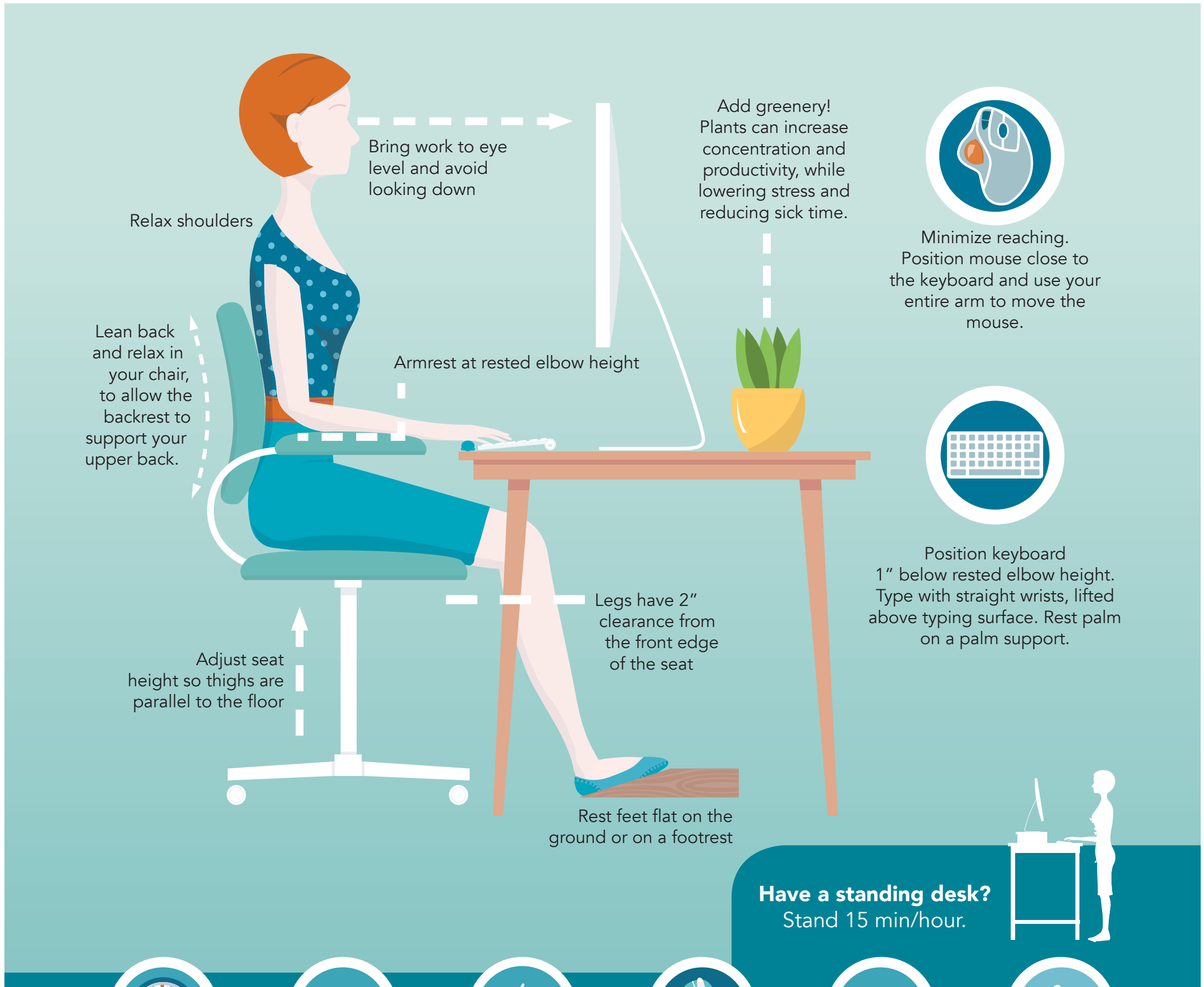


How to Design Your Healthy Workstation



Work in 30 sec. of standing every 30 min. you've been sitting



Give your eyes a break
At least 2 x day, stare at a fixed point 20 ft. away for 20 sec.



Breathe to de-stress
Place tongue on roof of mouth; Breathe in nose for 4 sec.; hold for 7; blow out through mouth for 8. Repeat x 4.



Use the other hand
Use your opposite hand to control your mouse: 5 min. in the a.m. 5 min. in the p.m.



Eat a mindful lunch
Create a separate space in the office or outside to eat lunch.



Get outside every day
Plan a brief walk to clear your mind and come back to work with more energy.

Combine!



Chin up! Laptops and cell phones can literally be a pain in the neck. Reduce negative effects on posture by keeping your chin up while working. Use a docking station whenever possible, and take a wireless keyboard and vertical mouse when traveling.