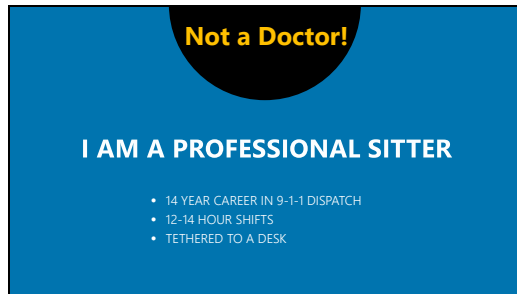


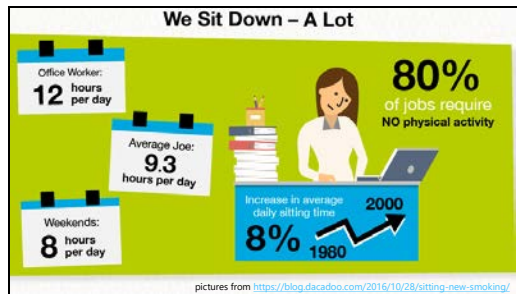
Slide 1



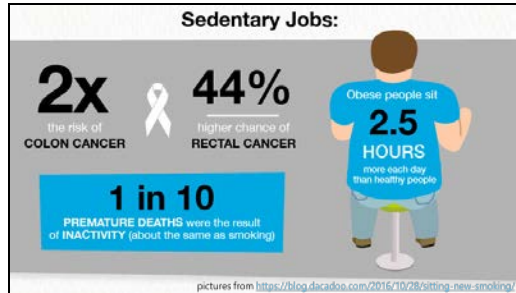
Slide 2



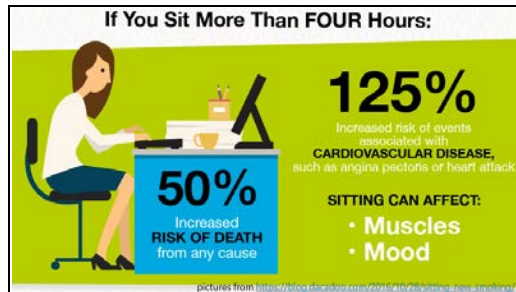
Slide 3



Slide 4



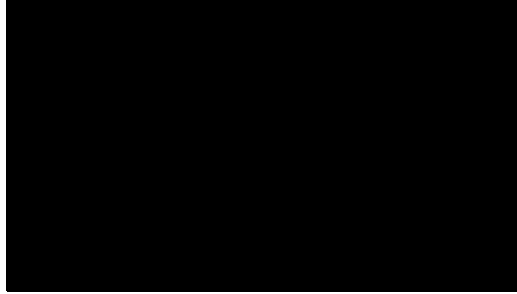
Slide 5



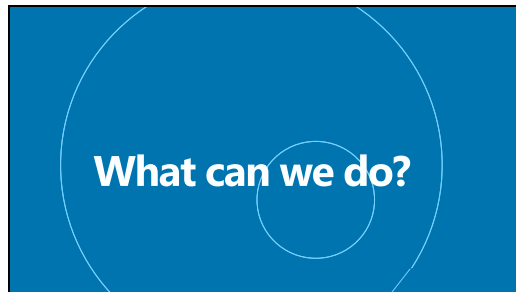
Slide 6



Slide 7



Slide 8



Slide 9

Desks

Stand Up!

- Bramic
- Varidesk
- Sitkicker
- Other options

Slide 10



Slide 11

Desks
Stand Up!
Bramic
Varidesk
Sitkicker
Other options

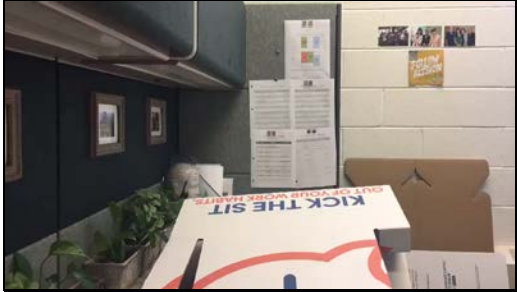
A photograph of a Varidesk adjustable desk. The desk is black and is mounted on a wooden surface. A computer monitor is placed on the desk, and the brand name 'VARIDESK' is visible on the screen. The desk is shown in its raised position.

Slide 12

Desks
Stand Up!
Bramic
Varidesk
Sitkicker
Other options

A photograph of a man in a suit standing behind a podium. The podium has a sign that says 'KICK THE SIT' and 'DÉSAMP'. The man is looking at a laptop on the podium. The background shows a glass door with a blue logo.

Slide 13



Slide 14

Desks

Stand Up!

- Bramic
- Varidesk
- Sitkicker
- Other options

A photograph of a standing desk with a laptop on it. The desk is black with a wooden top and has four casters. The laptop is open and positioned on the desk.

Slide 15

Desks

Stand Up!

- Bramic
- Varidesk
- Sitkicker
- Other options

A photograph of a standing desk with a monitor and keyboard on it. The desk is light-colored wood and has a monitor on top. The keyboard is on a separate tray in front of the desk.

Slide 16

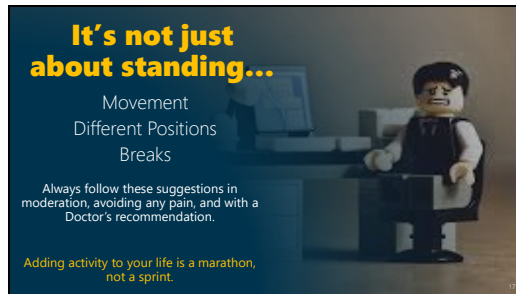


!

PROCEED WITH CAUTION

- Start Slowly
- Decent Footwear
- Good Posture
- Limit Standing Time

Slide 17

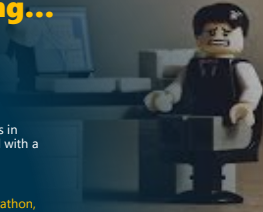


It's not just about standing...

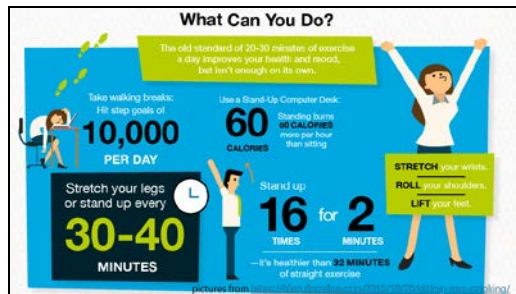
- Movement
- Different Positions
- Breaks

Always follow these suggestions in moderation, avoiding any pain, and with a Doctor's recommendation.

Adding activity to your life is a marathon, not a sprint.




Slide 18



What Can You Do?

The old standard of 20-30 minutes of exercise a day improves your health and mood, but isn't enough on its own.

- Take walking breaks: Hit step goals of **10,000 PER DAY**
- Use a Stand-Up Computer Desk: Standing burns **60 CALORIES** more per hour than sitting
- Stretch your legs or stand up every **30-40 MINUTES**
- Stand up: **16** TIMES for **2** MINUTES — it's healthier than 30 MINUTES of straight exercise
- STRETCH** your wrists, **ROLL** your shoulders, **LIFT** your feet


pictures from 

Slide 19

Desk Exercises

When you can't leave the desk

- Increase Circulation
- Increase Mental Focus
- Decrease Repetitive Strain



The infographic on the right side of the slide displays 12 numbered exercises for performing at a desk. The exercises include: 1. Neck Release, 2. Shoulder Release, 3. Arm Release, 4. Wrist Release, 5. Hand Release, 6. Hip Release, 7. Back Release, 8. Pelvic Release, 9. Ankle Release, 10. Foot Release, 11. Toe Release, and 12. Heel Release. Each exercise is accompanied by a small illustration of a person performing the movement.

Slide 20

Things To Remember:

-  **WALK TO WORK**
Instead of taking the bus
-  **TAKE THE STAIRS**
Instead of the elevator
-  **VISIT COLLEAGUES**
Instead of emailing
-  **Park FURTHER**
away to walk more

 In order to live longer, you should
SIT NO MORE THAN 3 HOURS A DAY & NOT SMOKE

Slide 21

Other Healthy Workplace Habits

Slide 22

ERGONOMICS

Check out the person next to you.
What do you think of their posture?
Do they look comfortable?
What looks good about their posture?
What do you think they could improve on?

Slide 23

Ergonomics

Head
Head back, chin tucked, Ears, shoulder, hips aligned.

Neck
Use headphones. Do not cradle phone between head and shoulder.

Elbows
At sides - slightly more than 90 degree bend.

Chair
Fully adjustable with lumbar support in small of the back.

Eyes
Level with top 1/3 of screen. 18-24"

Document Holder
Adjacent to and at same height as monitor.

Keyboard
Same height as elbow with wrists slightly bent. Keystroke gently!

Mouse
Adjacent to and at same height as keyboard.

Chair Height
Hips slightly more than 90 degrees, feet flat on the floor.

Take breaks every 30 minutes!

Slide 24

Eye Strain

Computer Screens and Fine Print

The 20/20/20 Rule

Every **20** minutes, stare at something at least **20** feet away for **20** seconds

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Slide 25



Hand / Wrist
Carpal Tunnel, Tendonitis

Keyboard Use


- Keep hands slightly below wrists
- Backs of hands/wrists should be flat
- Hands floating above the keyboard

Slide 26


Neck / Shoulder

Tips

- Don't twist to look at screens
- Don't cradle a telephone on your shoulder – use a headset
- Adjust the computer screen to the top of the screen is at eye-level



Slide 27



Mental Health

Stress, Anxiety,
Tertiary Patient Syndrome

Tips

- Breaks
- Meditation – Headspace
- Support – EAP, Peer Counseling

Slide 28

**MORE
INFO**

FURTHER INFORMATION AND REFERENCES

911Professor.com/healthy-workplace

Free prizes and swag from our friends at SITKICKER

Slide 29

Questions ?

Slide 30

References

Biswas A, Oh PI, Faulkner GE, Bajaj RR, Silver MA, Mitchell MS, et al. Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis. *Ann Intern Med.* 2015;162:123-132. doi: 10.7326/M14-1651

Pulford RM, Stamatakis E, Britton AR, et al. Associations of sitting behaviours with all-cause mortality over a 16-year follow-up: the Whitehall II study. *Int J Epidemiol.* 2015;44(6):1909-1916. [\[PMC free article\]](#) [\[PubMed\]](#)

Van der Ploeg HP, Chey T, Korda RJ, et al. Sitting time and all-cause mortality risk in 222 497 Australian adults. *Arch Intern Med.* 2012;172(6):494-500. [\[PubMed\]](#)

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