

## Sit Less – Move More – More Often - Feel Better

Locate printer, trash, and recycling out of your office.

Stand to answer the phone.

Drink lots of fluids. Water is best.

If they are in your building visit them don't email or phone.

Take the stairs unless you are carrying multiple items.

Move during your breaks. Walk around in the building, or on nice days get outside.

Walking meetings



Conference rooms with 38" table and no chairs for standing meetings.

Use RSI Guard (software) or Outlook to prompt you to move away from your keyboard at least once an hour.

Sit/Stand Workstations.

Walking programs with incentives.

Walk with a buddy.

Standing tables in the lunchroom.

Have a "champion" high up in management who will listen to the science.

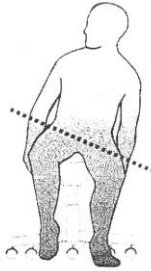
Get a Fit Bit.

Park your car further away from the entrance.

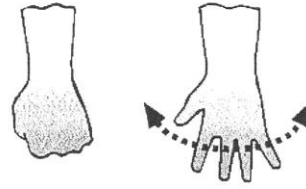
Take a longer, roundabout way to your desk.



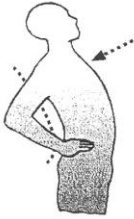
# Stretch at your desk!



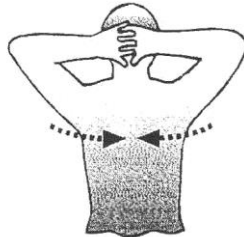
**Chair rock**—Shift your weight from side to side while slowly rocking in your chair. Let your body and head move also.



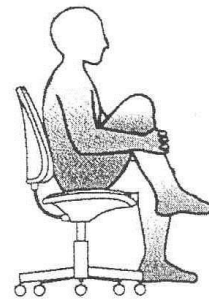
**Finger fans**—Make a fist and hold for a few seconds. Then spread your fingers wide apart and hold. Repeat several times and finish by gently shaking your hands and fingers. This can reduce muscle tension from typing, grasping and pinching activities.



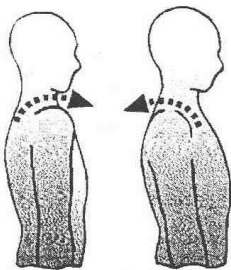
**Lower back stretch**—You need to stand to do this exercise. Position yourself with your legs a comfortable distance apart and your hands on your lower back. Gently arch back to stretch, pause and return to the upright position.



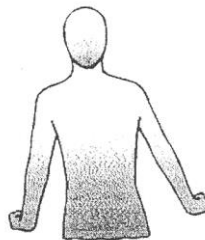
**Mid-back squeeze**—Stretch shoulders and upper back by interlacing fingers behind your head and pulling your shoulders toward each other.



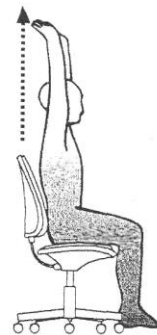
**Knee pulls**—Pull your leg up to your chest slowly by grasping your shin. Hold for 5-10 seconds, then repeat with the other leg.



**Shoulder rolls**—Slowly roll your shoulders forward and backward with your arms at your side.



**Wrist extensor stretch**—Let your arms hang down relaxed at your sides. Rotate both hands inward and make a loose fist. Curl your fist upward until you feel a gentle stretch at the top of your forearm. Hold for ten seconds.



**Overhead stretch**—Sit back from your desk and reach both arms as high as you can (try to touch the ceiling). Hold for five seconds, then lower your arms. Do twice.