How to Make Your Desk Job Healthier

Nearly 1 in 4 people blame aches and pains on their work environment because they remain in the same position for long periods of time. Is there something we can be doing about this? After all, we spend most of our day working and usually sitting and don't actually have a choice to up and leave when the pain gets too much.

What Can We Do?

With inactivity now listed as the fourth biggest killer of adults by the World Health Organization, it's time to change our habits and stop thinking it's acceptable to come into the office and park yourself at your desk for the day. Although a power walk at lunch will clear your head, and a gym session after work is a step in the right direction, it's the small micro-movements you make throughout the day that can really make a difference—like taking the stairs instead of the elevator.

It's the little things which add up. Here are some ideas to start building some better habits.

- Get up
- Change your chair
- Walk and talk
- Stretch it out
- Stand up and work
- Pay attention to your posture

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