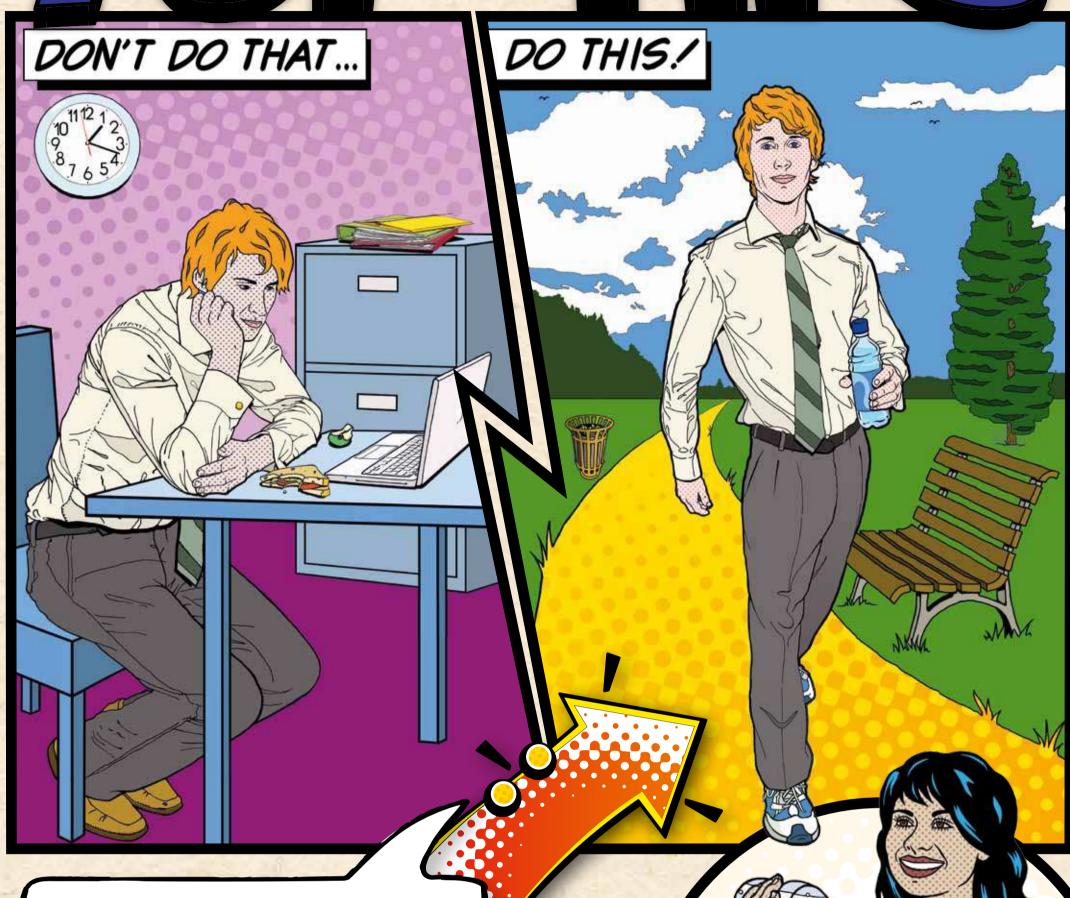
PHS OTHER PROPERTY OF THE PROP



Take your full **lunch break** and get away from your desk - and preferably the building. Go for a **walk** at least once a week, or sign up for a lunchtime class, like aerobics, dance or martial arts.

> Do some **easy exercises** every hour or so, like bicep curls with a small water bottle.

Keep your office
well-lit and set the
right temperature
- don't waste your
body's energy being
too hot or cold.

Don't **wedge** the telephone between your ear and shoulder. Regularly sit up tall and take **deep breaths** to refresh all the air in your lungs.

Vary your tasks to give your body a range of postures.

Don't skip meals and do drink water regularly - keep a 750ml bottle on your desk and try to refill it at least three times a day.

Strike a sensible balance between sitting still, standing, and moving around.

Sit facing straight ahead, feet flat on the floor or a footrest, with your legs **uncrossed**.

Take the

stairs, not

the lift.

Seek advice and treatment for suspected health problems **early**.

Where possible, use office equipment like water fountains or photocopiers on a **different** floor.

Be strict with yourself about taking **regular** micro-breaks from your desk or PC.

PHYSIOTHERAPY

