

# TIPS+TRICKS

## FOR HEALTHY WORKING

Any posture that the body can adopt without causing pain is correct and important. A good office chair should offer enough space for different postures – from sitting up straight to lounging. Chairs that offer tailored adjustment options for different postures; and intuitively simple changes to the backrest, armrest or seat; strike the right balance between automatic stimulation of motion and personal comfort preferences. Chairs should also have synchronous-adjustment mechanisms (co-ordinated movement of the seat and backrest) which allow natural and unwitting interactions between the body and the chair.

### TIPS TO KEEP ACTIVE AT WORK

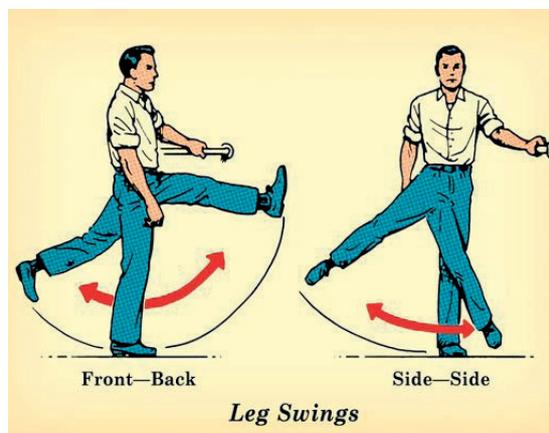
- Use an office chair that inspires as diverse a range of movement as possible. Never tilt the backrest in a permanent position, but adjust the counter pressure so that the slightest of shifts in weight is sufficient to allow you to move and change posture.
- Spread the equipment and materials you need around the office so that you occasionally have to get up.
- The longest route in the building is preferable. Don't book the nearest conference room for meetings, but the one further away. Take the stairs and not the lift. Climbing stairs boosts and gets your muscles and circulation going. If you restrict usage of lifts to people who have to use them, then voluntary physical activity is encouraged all the more.
- Occasionally have meetings standing up instead of sitting down. Invite attendees on training courses and in workshops to set the room up themselves. Create a business centre with joint printers and scanners to promote walking.
- Develop a culture of physical activity. At desks or in meetings, ensure that people get up and stretch in the middle of a long meeting. Go for a quick walk during lunch hour; breathe fresh air and invigorate stiff muscles.

### SIMPLE EXERCISES TO UNDO THE DAMAGE OF SITTING

Anyone can benefit from these simple exercises for loosening/preventing stiffness caused from prolonged sitting.

Source: [www.artofmanliness.com](http://www.artofmanliness.com)

#### LEG SWINGS

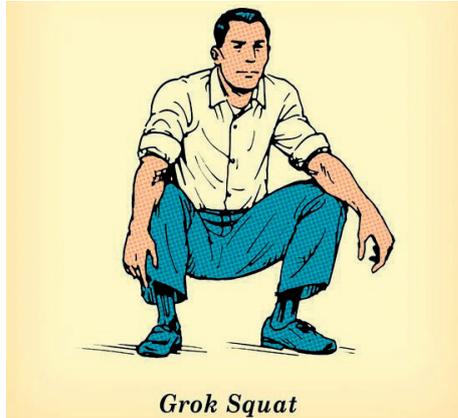


This is a great dynamic stretch to loosen the hips, hamstrings, and glutes. Begin with forward leg swings. Find something to hold for balance. Start off swinging your right leg backwards and forwards as high and as far back as you comfortably can. Do 20 swings and then switch legs.

Next are side-to-side swings. Again, find something to hold for balance. Swing your right leg out to the side as high as possible and then in front of you towards your left as far as you can go. Perform 20 swings and then switch legs. Depending on how tight you feel, you may need another set.

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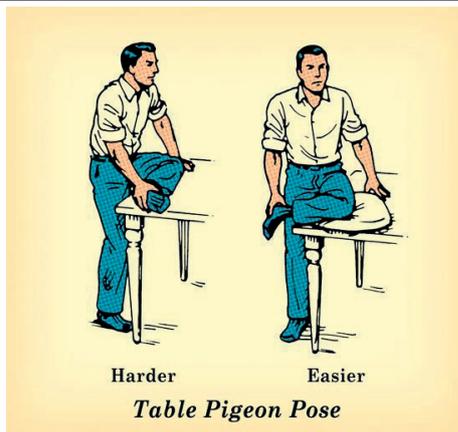
## GROK SQUAT



The Grok Squat is very similar to a catcher's stance in baseball. Simply squat down until your butt touches your ankles. Keep your heels firmly on the ground and your back straight. Hold that position for 30-60 seconds. You should feel your hamstrings, quads, Achilles tendons, lower back, and groin gently stretching.

If you're really stiff, it may take a few days of practice to sink into a full squat. Keep at it; your back and hips will thank you. Intersperse a few short squatting sessions into your daily routine.

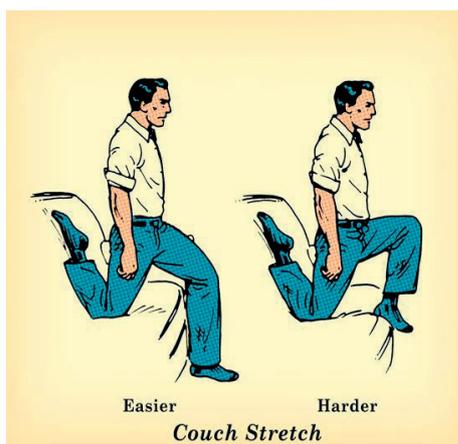
## TABLE PIGEON POSE



If you've done yoga, you're probably familiar with the pigeon pose. This stretch is similar but uses a table; making it easier to perform and allowing your muscles to be stretched from different angles. Start by placing your leg on a tabletop with the knee bent at 90 degrees. Place one hand on the table and one hand on your foot for support. Lean forward and hold for 60-90 seconds. Then lean left to the 10 o'clock position and hold for 60-90 seconds. Lean right to the 2 o'clock position and hold for 60-90 seconds. Repeat on the other leg.

If you have knee problems, rotate your body so that your ankle hangs off the table and place a pillow underneath your knee. Aim to do two pigeon poses a day.

## COUCH STRETCH



This quad stretch can undo years of sitting. You actually don't need a couch for this stretch - it just makes it a bit more comfortable. You can also do it on the floor with your knee against a wall.

For the "easy" version, place the knee of the leg you're stretching against the back of your sofa. Place the foot of your other leg on the floor. Slowly raise your torso to a neutral spine position (i.e. standing straight and tall). As you raise your torso, squeeze your butt and abs. Hold the position for up to four minutes. Switch and repeat on the other leg. You should feel things really stretch in your hip flexor area - just don't push yourself too hard.

To up the ante, bring your non-stretching leg up onto the seat of the couch. Keeping a straight, neutral spine, squeeze the butt and abs and work your way up to holding the position for four minutes. Keep in mind that it may be awhile (2 weeks) before you can get your torso to a straight position. The difference in the mobility of your hips will be significant.