

BE ERGO-SMART!

BREAK UP YOUR WORK DAY

Taking activity breaks throughout the work day can help you feel focused and renew your energy. Current research for computer users recommends changing positions every 20-30 minutes. Use a timer for reminders to stand, move, and stretch throughout the day!



Standing Breaks

- ⌚ Break up long periods of sitting: Standing or walking helps improve blood circulation, boost metabolism, and relieve physical discomfort.
- ⌚ Make it a habit to stand anytime you are talking to a colleague on the phone, reading, or participating on a conference call or webinar.
- ⌚ GET AN ENERGY BOOST: Stand up, march in place while raising your arms overhead for 30-60 seconds.

Stretch Breaks

- ⌚ Stretch your shoulders, neck, back and wrists throughout the day (examples below).
- ⌚ Stand up to do 3-4 different stretches (most can be done seated, as needed).

TAKE A BREAK!

- Chin Tuck
- Chair Twist
- Chest Stretch
- Neck Stretch
- Overhead Reach
- Wrist Stretch

| Chin Tuck | Chair Twist | Chest stretch |
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| Neck Stretch | Overhead Reach | Wrist Stretch |
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Perform all exercises within a comfortable range of movement. Hold each position for 10-30 seconds. Repeat 3 times.

Adapted with permission from the Preclinical Disability Study (PIs: Drs. Julie Richardson and Lori Letts)

Created by members of the Institute for Applied Health Sciences Joint Health and Safety Committee.