

# 5 healthy tips for the desk bound

In a **pickle**



It's quite easy to spend 10 hours straight sat at your desk working. I know how I should be working to stay healthy and generally do. But sometimes it's easy to forget about yourself when you have a mountain of work on. I've picked up some great tips over the years from a variety of health professionals and colleagues, so I thought I would share them with you here.

**Keep hydrated.** Drinking buckets of coffee is not going to do you any good. Always keep a glass of water on your desk. Keeping hydrated will help your concentration and focus while maintaining energy levels.

**Tidy desk, tidy mind.** I've mentioned this one before, but this seriously makes a difference to your state of mind. Keep your workspace clear of unnecessary clutter.

**Take a break.** For every 90 minutes of work you do, take a 15 minute break. This means get away from your desk and do something totally different instead. Get the blood flowing, focus your eyes on distant objects and stretch out those muscles.

**Posture perfect.** Make sure you understand the importance of correct desk posture to prevent strains and a bad back. Ideally, your knees should be at a 90 degree angle with feet flat on the floor or a foot rest, and your eyes level with the top of your computer screen directly in front of you. Support your forearms and wrists on your desk to prevent wrist strain.

**Don't just sit there.** A little daily exercise is great for your energy levels, and taking yourself away from the office can help clear the mind and get those thoughts flowing. If you work from home, why not go for a walk at the end of the day. Some fresh air and exercise is a great way to wind down while making a clear divide between your work and home life. Think of it as your daily commute- but infinitely more pleasant than train cancellations and road rage!

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