Improve Your Health with Proper Ergonomics and Frequent Movement
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Joe Belanger is a certified health and wellness coach and works with clients on a number of topics, including life coaching, mindfulness, health and wellness, and tobacco cessation to name a few.

He is actively involved in the project management department and also assists senior coaches in reviewing colleagues’ interactions with their clients. He is currently a health coach at Workplace Options.
Learning Objectives

• Discuss the importance of proper ergonomics and frequent movement

• Apply ergonomic tips to your work environment

• Discuss ways to incorporate frequent movement into your day

• Identify exercises you can do at your desk/workstation
Today’s Session

Part One
Proper desk ergonomics

Part Two
Frequent movement
Part One – Group Activity

Proper desk ergonomics
Proper Desk Ergonomics - Chair

1. Feet flat on floor
2. Knees and hips parallel to the floor
3. Knees at 90 degree angle
4. Sit at the back of chair, supporting back
5. Armrests support elbows and allow you to type on keyboard
6. Monitor at eye level or 1 inch below eye level (you should not be looking up)

7. Monitor should be straight in front of you

8. Keyboard “legs” down and wrists straight – key is comfort
Proper Desk Ergonomics - Other Items

Have closest to you the items you use the most
Proper Desk Ergonomics – Protecting Your Eyes

The 20 – 20 – 20 Rule

• 20 minutes

• 20 feet away

• 20 seconds
Survey

Which of these items do you feel you need to change?

A. Chair height

B. Feet placement

C. Monitor placement

D. Items closest to you

E. 20-20-20 eye protection rule
Part Two – Group Activity

Frequent movement
Statistics on Movement

Sedentary behavior is the 4th leading risk factor of death

- High blood pressure
- Type 2 diabetes
- Bowel cancer
- Stroke
- Heart disease
- Soft bones
- Weight gain
- Migraines
- Eye strain
- Chronic neck, shoulder, and back pain
- Flexibility loss
- Anxiety and depression
- Elevated cholesterol
- Carpal tunnel syndrome
- Impaired libido
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Incorporating More Movement

Whole Day Mindset

At Home

At Work

At Play
Ideas

• Stand up and stretch at your desk every 30 minutes
• Take the stairs
• Park further away (or bike to work!)
• Use an exercise ball for a chair
• Use a sit/stand workstations
• Setup team challenges to encourage movement
Workstation Exercises and Stretches - Let’s Practice!
Wrap Up

1. Is there anything you need to change about your desk/workstation setup?

2. What is 1 thing you can start doing immediately to increase movement throughout your day?
For more information…

Contact your Employee Assistance Program
or Work-Life Program
Thank You

Questions?


