



## Improve Your Health With Proper Ergonomics and Frequent Movement

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### Presenter

#### Julia Kim



Julia Kim is a National Board Certified Health and Wellness Coach. She works with clients on a number of topics including life coaching, mindfulness, health and wellness, and tobacco cessation.

She is also a Certified Breastfeeding Specialist and works with expecting and new moms to help them meet their breastfeeding goals. She is currently a Wellness Coach/Lactation Specialist at Workplace Options.

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### 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

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## Today's Session



Part 1  
Proper desk ergonomics



Part 2  
Frequent movement

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## Reflection Activity



Proper desk ergonomics

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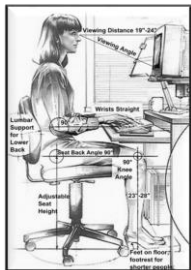
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## Proper Desk Ergonomics: Chair



1. Feet flat on floor
2. Knees and hips parallel to the floor
3. Knees at 90-degree angle
4. Seated at the back of chair, supporting back
5. Armrests supporting elbows, allowing you to type on keyboard

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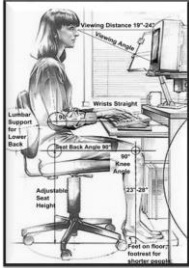
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Proper Desk Ergonomics: Computer



- 6. Monitor at eye level or 1 inch below eye level (you should not be looking up)
- 7. Monitor straight in front of you
- 8. Keyboard "legs" down and wrists straight – key is comfort

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Proper Desk Ergonomics: Other Items

Have closest to you the items you use the most.




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Proper Desk Ergonomics: Protecting Your Eyes

The 20 – 20 – 20 Rule

- 20 minutes
- 20 feet away
- 20 seconds




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## 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

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## Reflection Activity



Frequent movement

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## Statistics on Movement

Sedentary behavior is the  
**4<sup>th</sup> leading risk factor**  
of death

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

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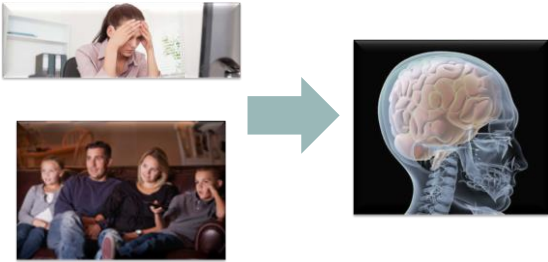
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New Research: Impact of Sitting to the Brain



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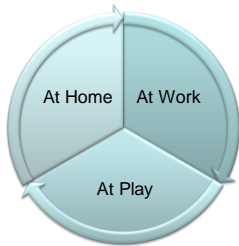
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Incorporating More Movement

Whole-Day Mindset



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Ideas

- Stand up and stretch at your desk every 30 minutes.
- Take the stairs.
- Park farther away (or bike to work!).
- Use an exercise ball for a chair.
- Use a sit/stand workstation.
- Set up team challenges to encourage movement.



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## Standing Workstations: New Research



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## Tips for Using Standing Workstations

- Wear shoes with good support.
- Place the monitor arm's length away.
- Don't use books or boards to adjust desk height.
- For dual monitors, placement depends on which one is used more often.
- Keep the keyboard and mouse on the same surface.
- Use keyboard shortcuts to reduce mouse use.
- Keep objects used frequently close to you.
- If you frequently use the phone, use a headset or speaker.

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## Proper Standing Workstation Ergonomics

Here is link to a great diagram from the Mayo Clinic of proper standing workstation ergonomics:

[www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/standing-workstation/art-20088544](http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/standing-workstation/art-20088544)

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## Workstation Exercises and Stretches: Let's Practice!



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## Additional Resource With Pictures/Diagrams

National Institutes of Health

[www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx](http://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/exercises.aspx)

### Diagonal Neck Stretch

- Turn head slightly and then look down as if looking in your pocket.
- Hold for 15 seconds.
- Relax.
- Repeat 3 times on each side.



### Shoulder Shrug

- Slowly bring shoulders up to the ears and hold for approximately 3 seconds.
- Rotate shoulders back and down.
- Repeat 10 times.

### Executive Stretch

- While sitting, lock hands behind head.
- Bring elbows back as far as possible.
- Inhale deeply while leaning back and stretching.
- Hold for 20 seconds.
- Exhale and relax.
- Repeat 1 time.



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## Wrap Up



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

*What is one thing you can start doing immediately to increase movement throughout your day?*

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For more information . . .

Contact your Employee Assistance Program

Thank You

Questions?

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