

## Healthy Office Tips

1. Push chest out and squeeze shoulder blades together for 10sec every 1/2 hr.
2. Stand up and move around for greater than 2mins every 1/2 hr where possible.
3. Arch upper body over the back of a chair to reverse the 'slumping posture' regularly.
4. At the end of the day: Lie on your back with a rolled up towel down the centre of the spine (and your head on a pillow) for greater than 5 mins. It should be relaxing and again, reverse the 'slumping posture'!
5. Sit for less time outside of work hours.
6. Take the stairs not the lift....if possible!

