

HEALTHY TWEAKS

FOR A SEDENTARY JOB



EXERCISE

Small steps really do add up! Take the longer route, opt for the stairs, or host a walking meeting!

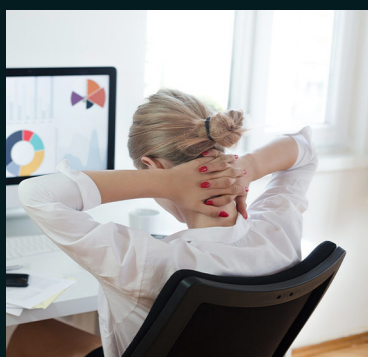
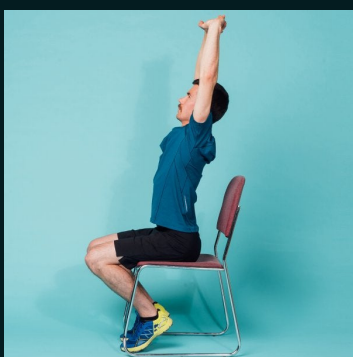
WORKSPACE

Pay attention to your workspace. Try to minimize laptop time, change your body position, and take breaks throughout the day!



STRETCHES

You can counteract poor desk posture with daily stretches! Try adding in the ones below every afternoon to keep your posture strong.



MINDFULNESS

The workday can often be stressful and hectic but bringing attention to your breath can reset your mind and change that!



NUTRITION

Planning ahead and stepping away from your desk are key to a healthy workday routine! Don't forget to get your water, too!