



WORKING ONLINE TIPS

Using devices often causes us to be sedentary for long periods of time.



- Your best posture is your next posture!
- Movement will help you to maintain good posture and reduce muscle fatigue
- It will help your concentration and performance

- Natural light affects your mood so working in a light open area is ideal.
- Choose a place to work as a focus zone without distraction.
- Drink plenty of water



- Sit up tall, shift your weight on your seat, try standing up, keep moving.
- Pick a chair that has a good back support and a flat comfortable seat.

- Try taking a break hourly for 5-10 mins.
- Take a walk around the house or outside, stretch your arms high into the air
- Work on 30 minutes of moderate intensity exercise per day

