

# Desk Job? Don't Get Hurt.

## WHAT NOT TO DO



### Sitting all day ...

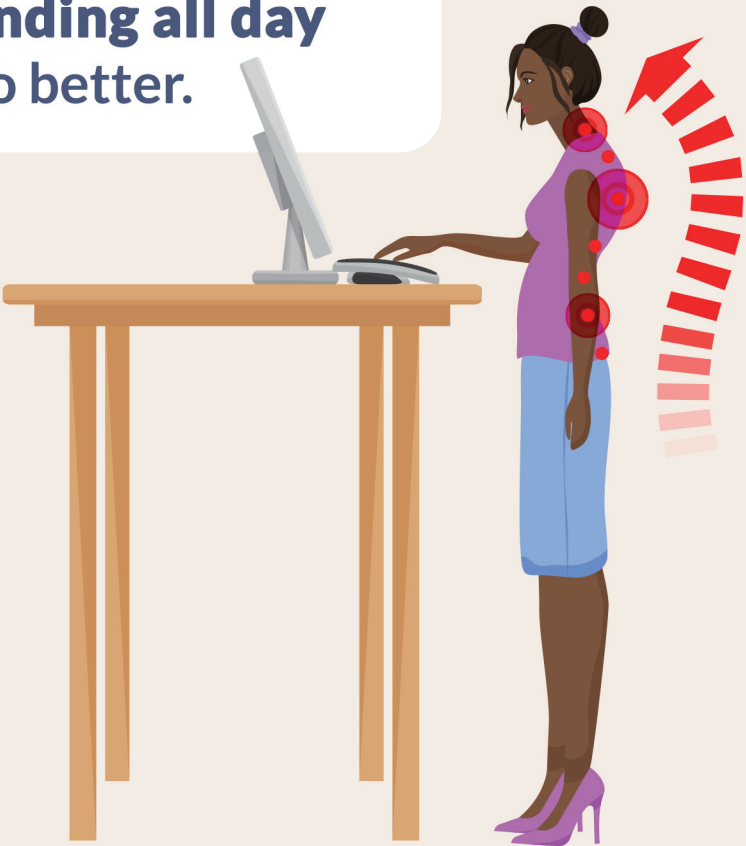


- HURTS YOUR HEART
- SHORTENS YOUR LIFE
- CAUSES FUZZY THINKING
- MAKES YOU FATTER
- RAISES ANXIETY
- CAUSES BACK, NECK, AND SHOULDER PAIN
- INCREASES YOUR CANCER RISK



... even if you eat right, exercise, sleep well, and are otherwise healthy.

Standing all day is no better.



Studies suggest all-day standing has many of the same risks.



## WHAT YOU CAN DO



### DON'T STAND STILL ✓

- Shift your weight from one leg to the other.
- Stand on your toes, or on one leg.
- Twist your torso.
- Make sure your shoes provide good support.

### ✓ SWITCH IT UP IF YOU CAN



Sit for a few hours, stand for a few hours.

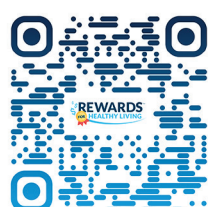
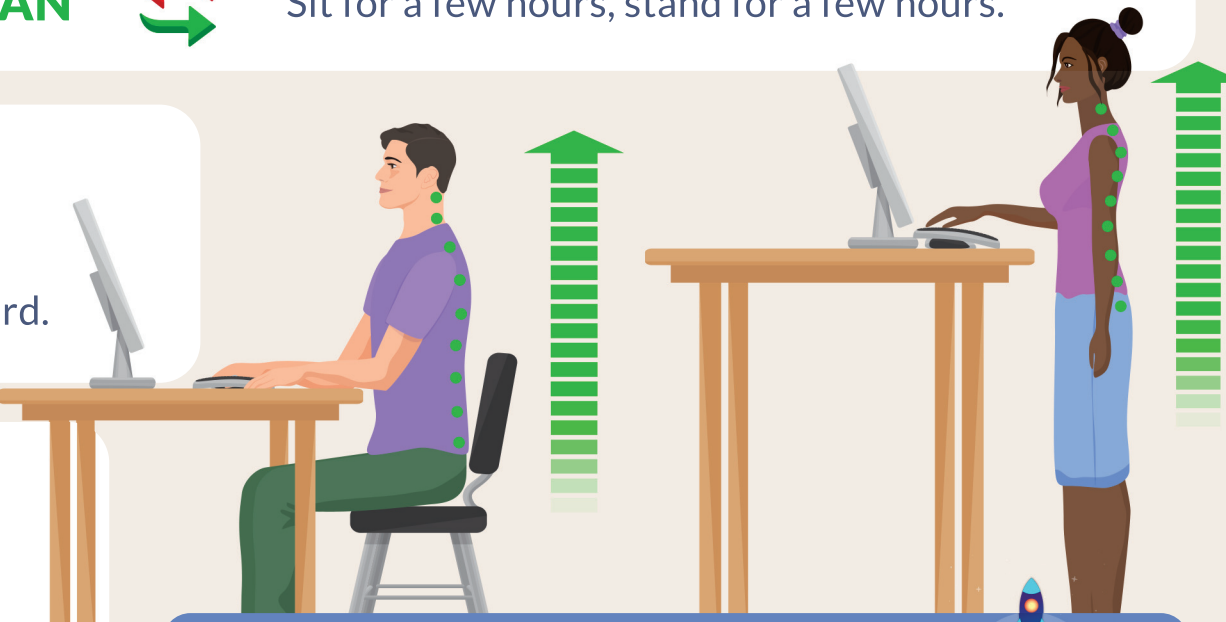
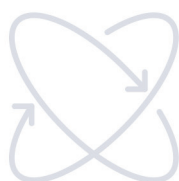
### ✓ WATCH YOUR POSTURE!

- Don't slouch or lean on your desk.
- Keep your arms at 90 degrees, eyes forward.



### ✓ KEEP MOVING

- Take mini-breaks every hour to stretch and walk around



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