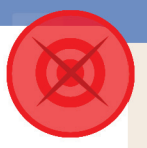


Desk Job? Don't Get Hurt.

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.

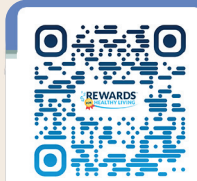
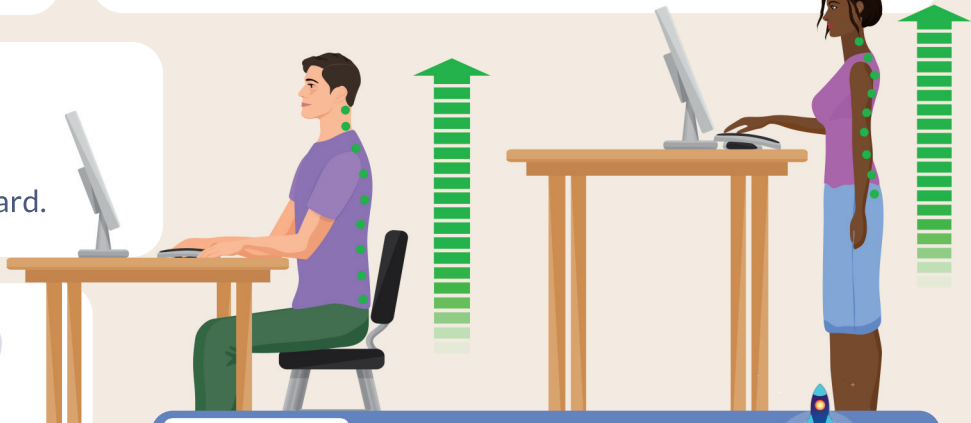

✓ **WATCH YOUR POSTURE!**

- 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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