

# PHYSIOTHERAPY TOP-TIPS

**DON'T DO THAT...**



**DO THIS!**



Take your full **lunch break** and get away from your desk - and preferably the building. Go for a **walk** at least once a week, or sign up for a lunchtime class, like aerobics, dance or martial arts.

Do some **easy exercises** every hour or so, like bicep curls with a small water bottle.

Keep your office **well-lit** and set the right temperature - don't waste your body's energy being too hot or cold.

Don't **wedge** the telephone between your ear and shoulder.

Regularly sit up tall and take **deep breaths** to refresh all the air in your lungs.

**Vary** your tasks to give your body a range of postures.

Don't skip meals and do **drink water** regularly - keep a 750ml bottle on your desk and try to refill it at least three times a day.

Strike a sensible **balance** between sitting still, standing, and moving around.

Sit facing straight ahead, feet flat on the floor or a footrest, with your legs **uncrossed**.

Seek advice and treatment for suspected health problems **early**.

Where possible, use office equipment like water fountains or photocopiers on a **different** floor.

Take the **stairs**, not the lift.

Be strict with yourself about taking **regular** micro-breaks from your desk or PC.

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