



DESKING. WORKING. MOVING.

BY LORI NEUFELD-TEMPLE

For those of us who spend long hours at a desk, it's easy to lose track of time. But prolonged sitting can lead to musculoskeletal issues, particularly in the back, neck, and shoulders. Poor posture, like slouching, strains muscles, ligaments, and joints, causing discomfort, stiffness, and even chronic pain.

And if you're one of these desk-letes, a pre-shift warm-up might seem unnecessary. After all, you're not stepping onto a warehouse floor or a manufacturing line (but hey, who's really looking if you stretch in your office?). That's exactly why keeping your body moving throughout the day becomes even more important.

MOVE MORE. HURT LESS.

But if you're going to take time out of your day to step away from work, what's in it for you? And why would your boss or supervisor want you to stop working just to move around? We've got your talking points ready for you!



- **Increased Focus & Energy** - Long hours at your desk can lead to mental fog and fatigue. A short stretch or quick walk refreshes the body and mind, restoring focus and productivity




- **Improved Sleep** - A sedentary day can make it harder to fall asleep at night. Movement helps regulate circadian rhythms, promoting better rest.

DESK WORK ≠ DESK LOCK

Knowing the benefits is one thing. Actually making movement part of your day is another. If you're not sure where to start, here are a few easy ways to sneak it in.

- **Stand During Calls & Meetings** - Take calls on your feet.
- **Hydration Reminder** - Stand up when grabbing water or coffee.
- **Use a Standing Desk** - Alternate between sitting and standing.
- **Take Walking Breaks** - Walk around the office or take the stairs.

The bottom line? **Movement matters.** A few small changes in your desk-driven day can make a big difference in how you feel, work, and stay ahead of those aches and pains. 

Looking for more information on your desk setup and workstation ergonomics? Check this out!

**READ MORE BY
SCANNING THE
QR CODE!**

Work Right is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

