



BY LORI NEUFELD-TEMPLE

DESKING. WORKING. MOVING.

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. If there's no movement at all, the aches, pains, and stiffness of a sedentary lifestyle will start creeping in, leading to discomfort and long-term strain.

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!



- **Better Circulation** - Sitting for long periods can impede blood flow, increasing the risk of swollen feet, poor circulation, and even blood clots. Regular movement helps keep circulation strong and reduces these risks.



- **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.



- **Lower Risk of Chronic Disease** - Too much sitting is linked to heart disease, obesity, and type 2 diabetes. Movement helps regulate metabolism and prevents the negative effects of a sedentary lifestyle.



- **Better Mental Health** - Physical activity releases endorphins, which improve mood and reduce stress. Taking movement breaks can alleviate anxiety and burnout, making it easier to reset and refocus.



- **Improved Posture & Spinal Health** - Sitting too long often leads to slumping, which negatively impacts posture. Simple exercises like shoulder rolls and spinal twists help counteract stiffness and pain.



- **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 (or don't want to be *that person* stretching in the office), here are a few easy ways to sneak it in.

- **Set a Timer** - Stand or stretch every 30-60 minutes.
- **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.
- **Try Walking Meetings** - Discuss work while moving.
- **Desk Stretches** - Work Right offers stretches for relieving tension.
- **Desk Ergonomics** - Have a Work Right clinician assess your setup.

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!



Lori Neufeld-Temple || Lori is an Oregon native where she attended Portland State University. She worked for 17 years for a large health system as a Provider Outreach and Engagement Advisor prior to joining Work Right as their Client Success Manager. Outside of her professional life, she enjoys spending time with her husband and two daughters and exploring the outdoors.

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.

