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EASY HEALTHY WORKING RESOLUTIONS FOR 2020



1 Start every morning with a series of yoga stretches



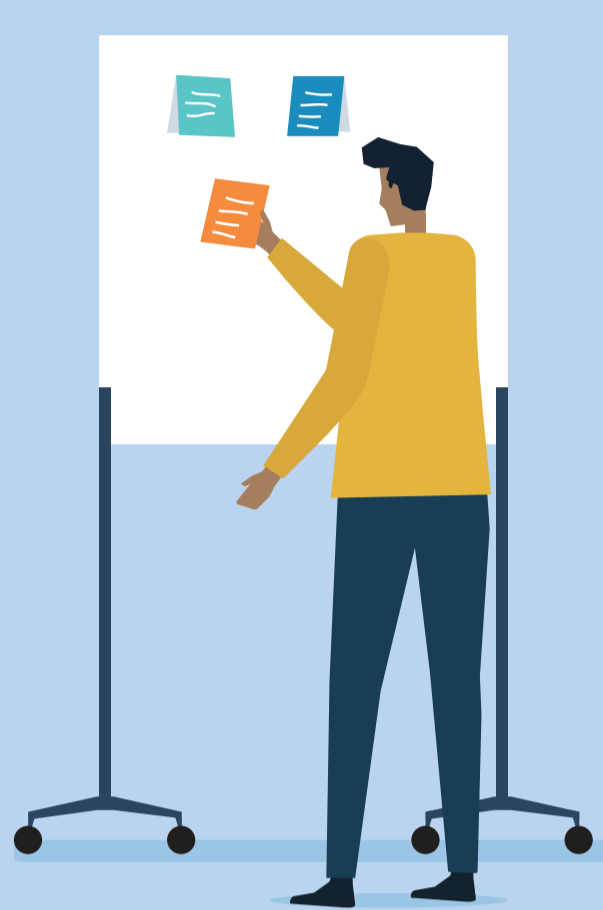
2 Aim for 10,000 steps a day



3 Switch off your work phone outside working hours



4 Try a sit-stand desk



5 Stand for 10-15 minutes once or twice an hour



6 Declutter your workspace



7 Get a reusable water bottle



8 Sip regularly for hydration and take frequent refill breaks



9 Invest in monitor arms for a healthier viewing angle



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Say no to office biscuits and cakes more than you say yes



11 Use public transport, walk or cycle if you can



12 Take all the holiday you're due



13 Practice mindfulness - notice and enjoy the present moment



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Explore a new route on your lunch break



15 Adjust your chair to sit more comfortably



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Regularly look away from your screen to rest your eyes

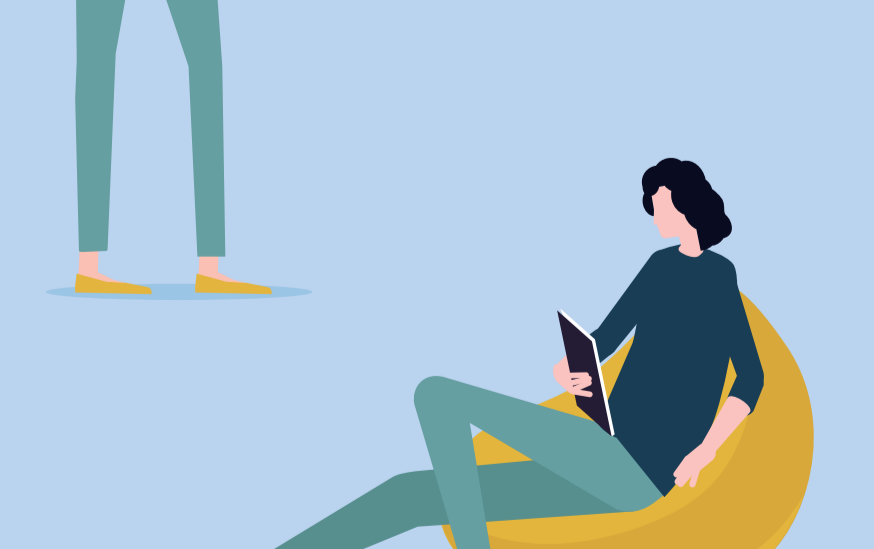


17 Swap tea and coffee with herb/fruit infusions



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Suggest a walking meeting with your team



19 Always take a lunch break



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Tackle desk-related pain with a DSE assessment