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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

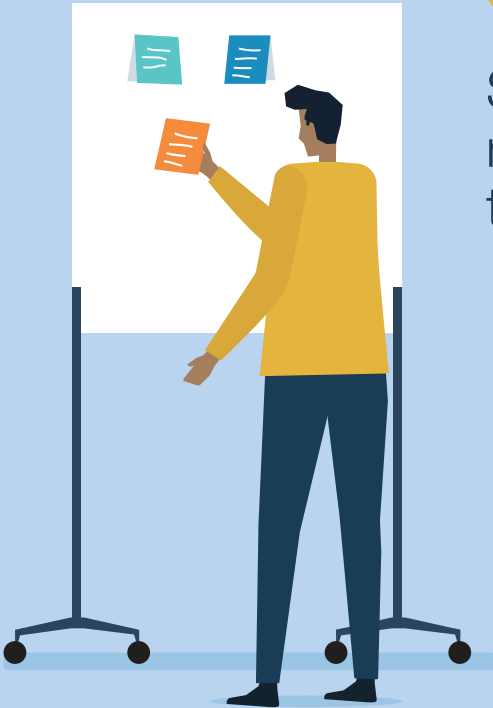
4

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

10

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



11

Use public transport, walk or cycle if you can



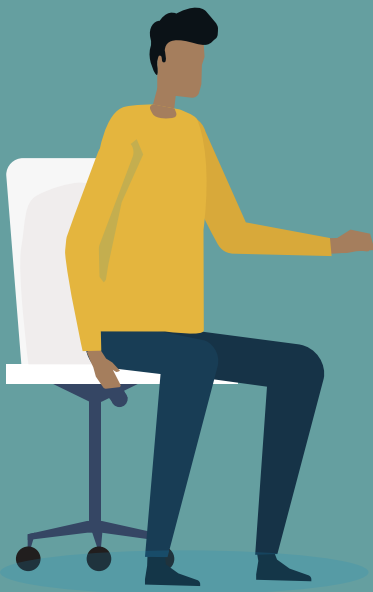
12

Take all the holiday you're due



13

Practice mindfulness - notice and enjoy the present moment



14

Adjust your chair to sit more comfortably



15

Explore a new route on your lunch break



16

Regularly look away from your screen to rest your eyes



17

Swap tea and coffee with herb/fruit infusions



18

Suggest a walking meeting with your team



19

Always take a lunch break



20

Tackle desk-related pain with a DSE assessment

Visit the [posturite.co.uk/blog](https://www.posturite.co.uk/blog) for up-to-date news about health and wellbeing in the workplace