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EASY HEALTHY WORKING RESOLUTIONS FOR 2018



1
Take a moving break every hour



2
Get at least 10,000 steps every day



3
Start every day with a series of yoga stretches



4
Sip on water all day every day



5
Make time for your mental wellbeing



6
Declutter your desk



7
Have a DSE assessment to combat desk-related pain



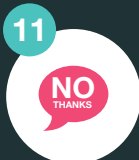
8
Try a sit-stand desk



9
Explore a new walking route on your lunch break



10
Swap sugary snacks for fruit or nuts



11
Say no to office biscuits and cakes more than you say yes



12
Take a few days off to focus on yourself



13
Swap fizzy pop for sparkling water infused with lemon and lime



14
Substitute tea/coffee with herb/fruit infusions



15
Actively work to improve your posture



16
Cycle or walk to work if you can



17
Improve your work/life balance



18
Have a vehicle DSE assessment to combat travel-related pain

For more information visit:

www.posturite.co.uk/help-advice/learning-resources