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I look forward to connecting with you!
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3 Strategies for Staying Healthy in the Workplace

Are you like the average American office worker who sits for approximately [10 hours](#) each day? Experts are learning more and more about the dangers that come with a largely sedentary lifestyle, including [increased risks](#) of cardiovascular disease, obesity, cancer and more.

To help protect yourself from the negative effects of long-term sitting, try incorporating these three habits for a healthier work day:

Improve Your Sitting Posture

The key to a [better sitting posture](#) starts with your upper body. Position your computer screen at eye level and allow your hands and arms to float above your keyboard when you're typing. Don't rest them on the edge of your desk. When possible, use a headset for phone calls.

If your chair has an adjustment option for lumbar support, use it. If not, place a pillow at the curve of your spine. Keep your knees bent at a 90-degree angle with your feet flat on the floor. If your feet don't touch the floor, use a footrest.

Make a Point to Move Regularly

Set an alert to remind yourself to get up from your desk at regular intervals. [Get moving](#) one way or another, whether that means taking a few minutes to go for a walk and refill your water bottle or doing a set of squats and neck rolls at your desk. If it feels a little odd, solicit colleagues to join in.

Walk and Talk More Often

Have a question? Rather than email or call, get up and ask whenever possible. When it comes to meetings, schedule one-on-ones so you can [walk and talk](#). Just

*Refer
a
friend*



*Contact
Us*



*Schedule
an
appointment*



grab a notepad or use a voice recorder on your phone
for notes.

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