

# Health Tips for Desk Jobs

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## Why Keeping Health in Mind is Important for a Desk Job

Those of us who work at desk jobs do a lot of sitting. This can easily give us sedentary lives considering we are sitting all day, losing energy, and then after work, we are too tired to get in some exercise. In addition, poor desk posture can lead to issues like neck pain, back pain, headaches, frozen shoulder, tight hip muscles, and much more.

## Proper Desk Posture

In order to have healthy posture at your desk, you should pay attention to these tips:

- Your computer should be at eye-level so you are not tilting your head up or down to look at it.
- You should be sitting tall with a straight spine, keeping your shoulders relaxed.
- Your arms should be at a 90-degree angle.
- Your lower back should have support. Use a chair with good lumbar support or purchase a lumbar pillow.
- Your legs should be at a 90-degree angle with your feet flat on the floor. Do not cross your legs or ankles.

## Movement

Getting some movement into your day will help your muscles, bones, energy levels, and even your focus. You can get more movement in by visiting a coworker's desk instead of sending an email, taking more bathroom breaks (by drinking more water), and taking the stairs. You should try to stand up and move around at least once per hour.

## Eating Right

If your office provides lunches or sets out snacks in the kitchen, it can be tempting to indulge. However, try to resist. Daytime snacking is an easy way to add unnecessary calories. Bring in your own healthy snacks like fruit to curb any snack cravings.

When it comes to lunch, you should prepare your own lunches at home instead of eating out or buying what's in the cafeteria. This way you can bring something healthy and nutritious. Allowing yourself to eat out will bring on too many temptations for fast food. If it helps, set aside one or two days to prep meals for the rest of your week.

In addition to your meals, make sure you are getting in your recommended water intake. It helps to label water bottles with times of the day so you can set goals. Drinking more water will also give you an excuse to get up and walk to the bathroom more (as previously mentioned).

### **How Your Chiropractor Can Help**

If you are feeling sore, stiff muscles, back or neck pain, low energy, or some of the other symptoms previously mentioned, you may not know your desk job is causing them. These are great things to talk to your chiropractor about. He or she can help you understand the connection, develop a plan, and follow through for a healthier you.