

# 5 TIPS

to prevent the aches and pains of working from home



## Motion is lotion

Take short breaks often! Regular movement gets your blood flowing, lubricating sore muscles and joints to reduce stiffness and pain.



## Mix it up

Switch tasks often to keep your body moving, like standing at your counter to work or taking calls while walking around your home.



## Invest in your workstation

Ensure your chair has adequate back support, sitting with feet flat on the ground. Keep your arms level with your desk, and ensure your eyes are gazing at the top third of your monitor.



## Stress less

Reduce stress during the day with diaphragmatic breathing, meditation, and stretching breaks. Eat a healthy lunch away from your desk and stay hydrated.



## Visit a Lifemark clinician

Your Lifemark clinician can help you create a healthier work environment and address any aches and pains.



### Please note:

The information listed is intended as a general guideline. If you're experiencing pain or have questions or concerns, please speak to your healthcare professional.