

SITTING AT A DESK ALL DAY?

5 QUICK FIXES



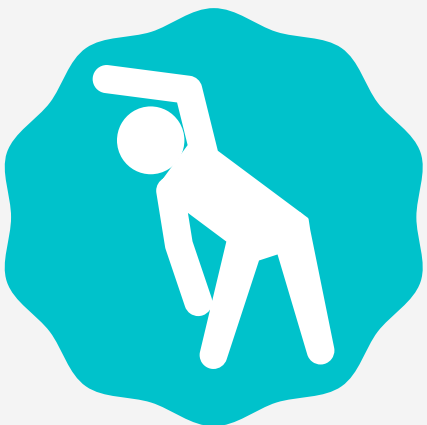
GO FOR A 10 MINUTE WALK

It is important to make sure that you get up and go for a walk at least once a day to move your body to ensure top performance in the work place



DRINK WATER

Drinking water should be imperative every day. You should be drinking at least 2L per day to maintain health and provide natural energy



STRETCH EVERY HOUR

To "refresh" your mind, try getting up and doing a light stretch every hour. Gets your blood flowing throughout your entire body



BLUE LIGHT GLASSES

Blue light glasses are designed to filter out the blue light emitted by screens. They are a good aid to help your eyes get through the day and help you sleep at night



COMFORTABLE CHAIR

Having a comfortable chair with structure and a sturdy back rest is important to not only help your posture but can reduce the number of breaks you need to take due to discomfort