



Easy tips to Stay Healthy at Your Desk Job

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, there are a few simple ways you can stay healthy at your desk job.

Talk in Person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows you to get up, stretch your legs and reduce the negative impact of sitting at a desk without effecting productivity.

Rest your eyes

Staring at a computer screen all day can cause regular users to experience vision problems. Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

Stand up for phone calls

If you do have to use the phone, stand-up any time you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

Keep water at your desk

Your body requires a lot of water, even if you're sitting. To ensure you consume enough water throughout the day, keep a large jug or 1.5 litre bottle of water nearby.

Give yourself a break

A busy schedule can make you feel like you need to jump from task to task without taking a moment for yourself, which can lead to increased stress and fatigue - rendering you less productive. Leaving the office to take a quick walk or taking a break at your desk can help you refocus and de-stress. You can also give yourself a break from plain water in your hydration routine- for a refreshing alternative, Nestlé® Pure Life® Sparkling Natural Spring Water makes for a nice zero-calorie treat.