Proper Posture for Improved Health

According to the Occupational Safety and Health Administration (OSHA), 95% of an office worker's day is spent sitting in front of a computer. OSHA also noted that 34% of workday injuries could be attributed to poor workplace ergonomics.

Sitting for long periods of time is not what our hunter/gatherer bodies were intended to do for long periods of time. In fact, with the inventions of TV, Computer (tablets and cell phones), and the desk job, people are sitting more than ever. On average, Americans spend 9.3 hours a day sitting, which is even more hours on average than they get sleep (7.7 hours)! Between the years of 1980-2000, exercise rates stayed the same, time spent sitting increased by 8%, and obesity rates doubled!

Set Up an Ergonomic Workspace

These tips come courtesy of Steve Meagher, from ergonomics consulting firm Site Solutions.

Maintain good posture
Keep your back straight—remember, no slouching!—with your head balanced above your neck, and arms resting at your sides comfortably.

Adjust seat
Position your hips a bit higher than your knees, with your feet on the floor/footrest and your lower back supported.

Position monitor
Raise or lower it so you can clearly see the whole screen without tilting your neck up or down.

Place keyboard and mouse
Keep them close to each other on the same level, with the home row of keys easy to reach with your elbows positioned at 90°. As you type, your wrists should be straight.

Rest regularly
Every 20 minutes or so, take short, 15- to 30-second breaks. Take a few longer breaks during the day.
—Jason Cross

Health Benefits of Good Posture

Reduces back pain.

Increases weight loss. (Burns 350 calories/day)

Builds a stronger core.

Opens airways to ensure proper breathing.

Improves memory and mood.

Improves blood flow.

Reduces stress.

Improves productivity.

Decreases anxiety.

Reinforces confidence.

http://www.uprightpose.com/blog-10-proven-benefits-of-good-posture/

Healthy Posture Tips:

1. Forming a yoga class, or group to meet during lunch or before/after hours and practice yoga. Yoga can be beneficial in improving posture and strengthening core muscles.

2. Consider investing in a yoga ball chair with arm rests and back support, this will encourage practicing an active sitting position, and can improve core strength. Alternate between your desk chair and yoga ball chair in order to prevent muscle fatigue.

3. Try making it a habit to get up a few minutes each hour to stretch and walk around.

4. Consider conducting walking meetings. Most informal meetings are simply talking and can be conducted while walking.

PLAN 4 HEALTH

Jackson County Healthy Communities Coalition – JCHCC