

# OCTOBER

## - HAPPY BACK

We often forget to take care of our most valuable tool at work - our back! A healthy and happy back is the key to achieving success, so let's make our workplace a space where the back radiates with joy and energy.

We spend many hours a day sitting at our desks, and this can have a significant impact on our backs. Back problems are one of the most common work-related health challenges, but fortunately, there are simple steps you can take to maintain a healthy and happy back.

WHEN COFFEE'S IN  
THE TANK, STAND  
TALL WITH YOUR  
BACK.

### Back Strong at the Office: Take care of your back, take care of yourself!

- 1** Sit stylishly: Show your back some love! Sit with your back straight and shoulders relaxed, and let your feet rest firmly on the floor. No crossed legs - we want good blood flow!
- 2** Movement is life: Turn your micro-breaks into a stretching break - reach your arms up to the sky and shake off the stress. Movement promotes circulation, which your back will thank you for!
- 3** Up and down - a balanced back: Alternate between sitting and standing, and experience the magic of a balanced back. Standing for creativity, sitting for productivity - better to raise the desk 6 times for 10 minutes each than once for 1 hour.
- 4** Back-boosting exercise: Give your back the attention it deserves. Incorporate a little back-strengthening/back-moving exercise into your daily routine and feel what it does for your back. You can advantageously use the 5 monthly back exercises here.

Let's together create a back-strong office revolution!  
Take care of your back, and your back will take care of you!  
A happy back means a happy workday!