

MAY

• STRONG BACK

We often forget to take care of our most valuable work tool – our back! A healthy and happy back is key to doing the things we dream about.

We spend many hours a day either sitting or in poor positions for our back. This can have a significant impact on our back health.

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 strong back.

WHEN COFFEE'S
POURED -
STRAIGHTEN UP, BE
RESTORED.

Strong Back at Work

1

The next position is the best position.

Variation is the key to a healthy back in the workplace. Research recommends dividing the workday using the 20-8-2 method: 20 minutes sitting, 8 minutes standing, and 2 minutes moving.

2

Why is it unusual to stand up?

We have created a sedentary society where it is almost always possible to sit down. There is almost always a chair available, for example, when we wait at the doctor's, on the bus, in the meeting room, and the list goes on. Therefore, it requires attention and adaptation to incorporate more standing time throughout the day.

3

The connection between sitting positions and back pain

Sitting for too long can often exacerbate back pain. It might seem natural to assume that if someone stands up in the middle of a meeting, it's because they are in pain—and if sitting has caused their discomfort, perhaps you should consider standing up as well to prevent pain.

4

It's all about habits and behavior.

We are used to sitting, and it requires a conscious effort to change this habit. Pay attention to your body's signals, such as fatigue, headaches, or pain – these are your body telling you that it needs a change.

5

Exercise for you

Take up the challenge and be extra attentive to your body's signals for the next 14 days. Whenever you feel discomfort, change your position; stand up, shake out your shoulders, or take a walk after getting coffee.

Notice how your body reacts. Do you feel less tired? Do you have fewer pains? These are all signs that your body is benefiting from the variation you are providing it.

Take care of your back, and your back will take care of you!
A happy back makes for a happy workday!