

Healthy Advice For *Working from Home*

The perk of working from home comes with some potential pitfalls, including sub-optimal workstations, disruptions, overeating, isolation, and burnout. The following tips can help you stay healthy, comfortable, and motivated.

Eat Healthy

Overeating is a real threat when the fridge is a few feet from your desk, so plan your calories and avoid the temptation to snack. Then remember your body and brain will perform best with quality foods. So, limit processed foods and products that contain refined carbohydrates like sugar and white flour. Increase your fruit and vegetable intake by having them ready to eat.



Stay Hydrated

Just like house plants, humans also require adequate hydration for good health. Keep a water bottle at your workstation and strive to drink six to eight 8-ounce glasses of water each day (48-64 oz./ 1.5-1.9 liters total). And limit sugary or caffeinated beverages.

Stay Active

For starters, take a 20-second workstation micro-break every 20 minutes to stand up and move or stretch. But walking between your bedroom, kitchen, and couch is not enough to stay healthy, so be sure to schedule 30-60 minutes of heart-pumping activity into your routine at least 3-5 times per week.



Stay Social

Meaningful personal connections occur less frequently when working from home, so be sure to initiate opportunities to spend time with others each day. Share a meal, invite someone on a walk, or schedule an impromptu get-together with friends and family.

Overhaul Your “Desk”

Your kitchen table or couch is not a good substitute for an ergonomically-correct workstation. If you're going to be working for more than a few minutes, invest in a desk and chair that allows you to minimize strain in the following ways:

Seated Workstations

- Use audio equipment that keeps you from bending your neck (i.e., Bluetooth, speakerphones, headsets).
- The top line of type on your screen should be 15 degrees below eye level.
- Monitors should be close enough to avoid leaning forward or straining.
- Relax your shoulders and bend your elbows 90 degrees, then position your mouse and keyboard so that you don't need to move your arms or bend your wrists to reach them.
- Keep your hips and knees at 90 degrees.
- Use a lumbar roll for lower back support.
- Keep your feet flat on the floor.



Standing Workstations

- Standing workstations stress different body parts, so start slowly, then progressively increase standing time.
- Select an ergonomic office chair or a stool with an adjustable height. Then switch between a sitting and standing position every half hour.
- Avoid slouching or leaning forward. Keep your head, neck, torso, and legs approximately in line. Imagine being pulled up by a string attached to the top of your head.
- Keep your knees slightly bent.
- Keep your feet flat on the ground, shoulder-width apart. Wear shoes that provide proper arch support. Consider an anti-fatigue mat to limit pressure.