

Can You do More to Help Your Team's Workstation Health?



Physical Wellbeing

How Can You Help Your Team's Workstation Health?

Help manage your team's Workstation Health, from home or in the office, and encourage the following 3 desk exercises regularly.

Why not share today? ➤



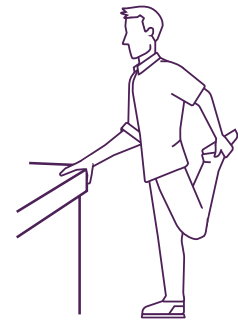
Chair Twist

- In your chair, sit forward and rotate your head and upper body to the right.
- Take your left arm and cross it over your body and with your right hand, rest this on the top of your chair, keeping your feet flat on the floor.
- Hold for 20 seconds, repeat 3 times and switch sides.



Wall Press

- Stand with your feet hip-width apart, stretch out your arms & rest your palms against the wall at shoulder height, slightly wider than shoulder-width apart.
- Engage your stomach muscles, back & neck should be straight and bend your arms at the elbows.
- Leading with your chest and making sure your arms are doing the work, lower yourself until you are inches away from the wall, push yourself back-up to starting position & repeat 3 times for 10 sets.



The Leg-Up

- Stand in front of your desk and place your left hand on it for balance.
- Standing on your left leg, raise your right heel towards your right buttock and grab hold of your foot.
- Holding and leaning into the stretch along the front thigh, stay here for 20 seconds, repeat 3 times and switch legs.



Mental Health

Are your team seeking some structure in their new work from home environment?

You can help to boost mental wellbeing by encouraging simple habits to follow regularly.

- **Workstation Health** - If you can, give yourself a desk, chair, laptop stand, keyboard and mouse for a healthy and productive workstation.
- **Get Dressed** - Do get up and dressed it will help you transition into work more easily.
- **Walk and Talk** - Try and get up every hour and move around. If you are on the phone and don't need to look at your screen at the same time, walk and talk!
- **Commuter Flex** - Use the time when you would have been commuting to do some exercise, but choose something you like to do and be realistic. If a 20 mins run seems unreachable, build up to it by 15 mins walk, 5 mins run and so on.
- **Designated Zone** - Separating an area of your room specifically for work will help adjust your mind and get 'in the zone'.
- **Snack Breaks** - Eat well and keep well hydrated.



Contact us for your free, no obligation Workplace Health Assessment
Call 0203 805 1781 or email business@gpdq.co.uk.
For more information visit our website <https://workplacehealth.live/0ai>

