



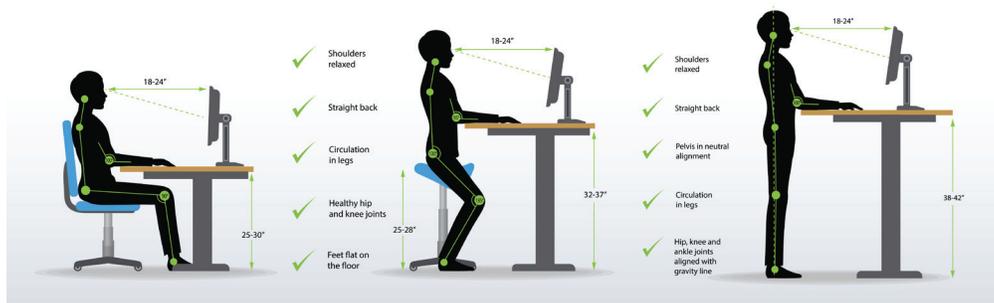
HEALTHY ERGONOMICS

Maintaining a pain free work environment takes some effort. We work hard to get our bodies fit so why ruin all that good work with poor ergonomics. Paul Chek has written an excellent article on healthy ergonomics if you are craving the detailed anatomy behind the why, go to www.chekinstitute.com. For now, here is the quick and easy of healthy ergonomics.

What happens when we don't have healthy ergonomics?

When we sit or even stand with rounded shoulders and a collapsed chest, we do several things to our body that have long lasting effects.

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|------------------------------------|---|
| Rounded Shoulders and Forward Head | Strain on the neck, upper and lower back. Our 8-10 pound head moves forward of the midline and it's like having a small bowling ball balancing on our frame pulling on all the muscles of the neck and back. |
| Compressed Rib Cage | Inability to breath properly and get all the oxygen we need to our brain and our body. This can also cause vertigo if you do it for long periods of time seated in a recliner reading or working on a laptop. |
| Chair Too High | Knee pain from pressure behind the knee joint |
| Chair too Low | Sciatic nerve pain from compressing the nerve causing a tingling sensation down the leg. |
| Keyboard Too High or Too Low | Wrist pain and carpal tunnel syndrome. |



Healthy Ergonomics

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|-----------------|---|
| Screen Height | You should look into center of screen |
| Screen Distance | 14" - 30" |
| Chair Height | Knees are bent to 90 degrees and feet are flat on the floor |
| Keyboard Height | Forearms are parallel to the floor |

Posture Points

- Maintain ear over shoulder and shoulders over hip. When standing be sure to also stand on a supported mat and maintain good alignment.
- If your back hurts when seated for a long time consider these options:
 Lumbar support which sits directly behind the belly button
 Sit on an inflated disk or Swiss ball (start slow 10-20 minutes, then back to the chair for 30 minutes until you are comfortable). This helps keep the pelvis in motion and allows the spinal fluid to lubricate the spine and reduce compression.

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