

# Stretch for a Better Workday

Simple Ergonomic Tips to Boost Comfort and Productivity in the Office

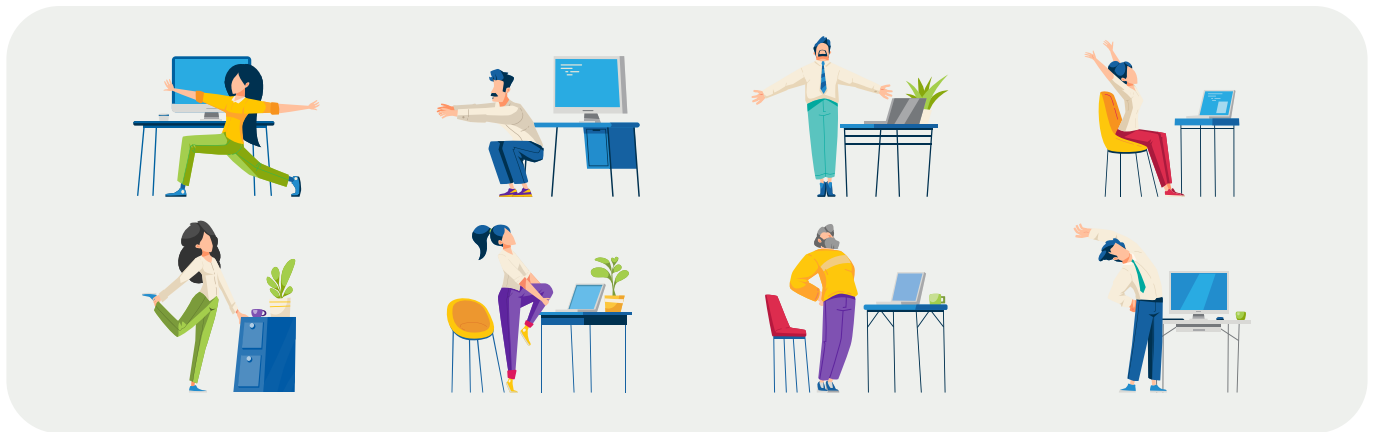


# Office Stretches and Ergonomics

In the workplace, ergonomics aims to design workstations, tools and tasks to fit the worker's physical capabilities and limitations, thereby enhancing comfort, efficiency, and safety for example, ergonomic principles can be applied to set up a workstation that minimizes strain on the body, such as adjusting the height of a chair, positioning a computer monitor at eye level, and ensuring that frequently used items are within easy reach which helps in preventing common issues like back pain, neck strain and repetitive stress injuries.



## Why are Office Stretches Important?



01

**Improves Posture:** Regular stretching helps relieving tension in muscles which can prevent the development of musculoskeletal problems such as back and neck pain.

02

**Reduces Muscle Tension:** Stretching helps to reduce muscle tension and stiffness, which can accumulate from sitting in one position for too long.

03

**Enhances Circulation:** Stretching increases blood flow to muscles, which can help to reduce fatigue and improve energy levels. This is particularly important for those who spend long hours at a desk.

04

**Prevents Injury:** Regular stretching can help to prevent injuries by keeping muscles flexible and reducing the risk of strains and sprains.

05

**Boosts Mental Health:** Taking breaks to stretch can also have mental health benefits. It can reduce stress, improve the mood, and increase overall well-being.

Incorporating regular stretches into your daily routine can have significant benefits for both your physical and mental health. It's a simple yet effective way to improve your overall well-being while working at a desk.



## How to Maintain Good Posture

- **Sit up straight:** Ensure your back is aligned with the back of your chair. Avoid slouching or leaning forward.
- **Feet flat on the floor:** Keep your feet flat on the floor or on a footrest to maintain proper alignment.
- **Adjust your chair:** Your chair should support the natural curve of your spine. Adjust the height so your knees are at a 90-degree angle.
- **Monitor at eye level:** Position your computer screen at eye level to prevent neck strain. The top of the screen should be at or slightly below eye level.



## Reducing Muscle Tension

- **Take regular breaks:** Stand up and stretch every 30 minutes to an hour. This helps to reduce muscle tension and improve circulation.
- **Stretch your neck:** Gently tilt your head towards each shoulder, hold for a few seconds, and repeat. This helps to relieve neck tension.
- **Shoulder rolls:** Roll your shoulders forward and backward to release tension in the upper back and shoulders.
- **Wrist stretches:** Extend one arm in front of you, palm up, and gently pull back on your fingers with the other hand. Hold for a few seconds and switch hands.



## Preventing Injury while Working at a Desk

- **Ergonomic setup:** Ensure your workstation is ergonomically designed. Use an adjustable chair, keyboard and monitor stand.
- **Proper keyboard and mouse placement:** Keep your keyboard and mouse close to your body to avoid overreaching. Your elbows should be at a 90-degree angle.
- **Stay hydrated:** Drink plenty of water throughout the day to keep your muscles hydrated and reduce the risk of cramps.

**Incorporating these tips into your daily routine can help you maintain good posture, reduce muscle tension, and prevent injuries while working at a desk. Remember, small adjustments can make a big difference in your overall comfort and health.**

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