

Activity in the Day - Get Yours

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Take a Break, Get the Blood Pumping

In addition to taking microbreaks throughout the day to interrupt sustained postures, make sure you use your breaks to step away from your desk whenever possible.

Your body is designed to move.

In the 1800's, 90% of the population received enough physical exercise in the normal working day to stay physically fit. Today, the figure is less than 2% (ParticipACTION).

Make movement (exercise) part of your workday by getting out for walks at breaks and lunch.

Eat lunch away from your desk to change your surroundings.



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