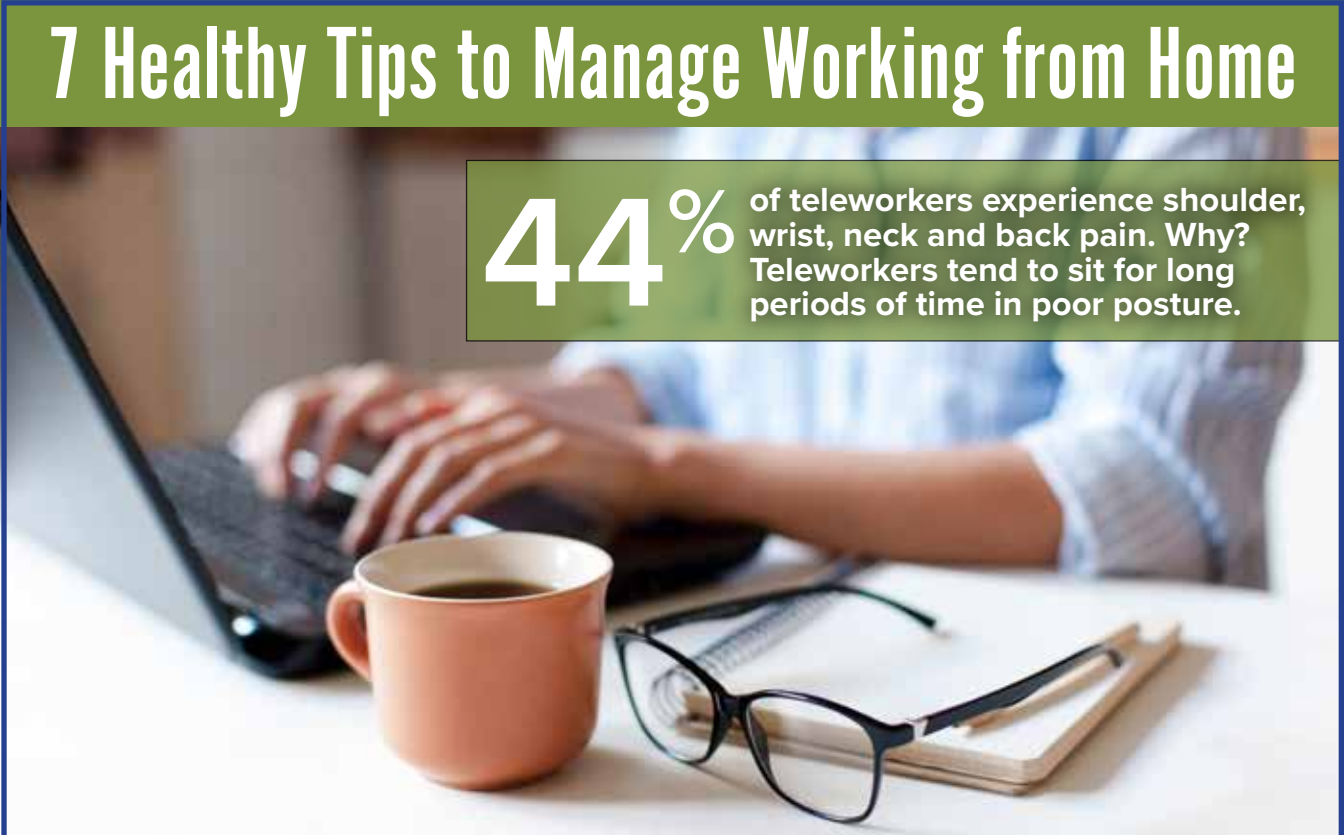


7 Healthy Tips to Manage Working from Home

44% of teleworkers experience shoulder, wrist, neck and back pain. Why? Teleworkers tend to sit for long periods of time in poor posture.

- 
- 1.** Invest in a supportive chair – Use a comfortable but supportive chair that can be adjusted for body type.
 - 2.** Stay at arm's length – Position the computer monitor at eye level and two feet away to avoid posture-related discomfort.
 - 3.** Take time to exercise – With strong back muscles you are less likely to experience a back injury.
 - 4.** Make time to stretch – Change your position every 30 to 60 minutes and do simple stretches.
 - 5.** Stay hydrated – Not only will liquids rehydrate your spine, your movement will also increase from using the restroom more frequently.
 - 6.** Get enough sleep – Sleep-deprived workers cost the U.S. economy about \$411 billion a year in lost productivity.
 - 7.** Relieve stress and pain – Chiropractic care is effective for relieving chronic stress and joint pain.

Feel your best by making small positive changes to your work station. Call your doctor of chiropractic (DC) to learn more about how to enhance your health.



To find a DC near you, visit www.f4cp.org/findadoctor