



# YOGA FOR THE PROFESSIONAL SITTER

- ▶ If your printer is in a remote location, print one document at a time. That way you have to get up and walk to the printer to collect each document. This gives you an 'excuse' to move away from your desk.
- ▶ Remove the arms from your office chair. This will discourage slouching to one side and propping your elbows up on the arm rests.
- ▶ Ensure your feet can touch the floor when sitting. If necessary, place a footrest on the floor under your feet. Phone books are an economical alternative to purpose made foot rests.
- ▶ Check that the keyboard and screen of your computer are set in the optimal ergonomic position. A helpful website is [www.ergonomics.com.au](http://www.ergonomics.com.au)
- ▶ Set an alarm or the 'nagging function' on your phone or computer to remind you to get up and move away from your desk. Walk around the office or, even better, go outside. Do not just sit down somewhere else. Set the timer at 45 or 60-minute intervals and comply. Stay out of the sitting position for between 5 and 10 minutes.
- ▶ Try to perform some of these helpful movements every 20 minutes. They can be done while sitting at your desk.
  - Shoulder Rolls – lift your shoulders up, back and down 6 to 8 times.
  - Arm Raises – raise your arms up above your head and lower 6 to 8 times.
  - Chest Stretch – take your arms out to the side, palms facing forward, until you feel a stretch in your chest 6 to 8 times.
  - Bicep Stretch – rotate your arms so that the thumbs face downward and press the arms back behind the body. Hold for 20 seconds.
  - Seated Twist – lengthen your body upwards and revolve your upper body to the right and then the left 6 to 8 times.
  - Head Tilts/ Neck Stretch – move your head gently, taking the ear toward the shoulder, right then left 6 to 8 times. Hold on one side for 20 seconds, then change to the other side. Stretch the arms downward.
- ▶ If you start to feel anxious or agitated, sit still, lengthening the body upward, close your eyes and breathe deeply. Focus on slowing down your exhalation. Try to have a quiet mind, concentrating on the sensation of your breath as it enters and leaves the body.

