THE OFFICE



GETTING STARTED: *Implementation Techniques To Fix Your Brain*

WORKSPACE

▶ *Desk Options* — Take a look at desk alternatives such as a standing desk or even a walking-working station. Many companies are happy to provide standing work stations upon request. You just have to ask!

▶ *Desk Chair* — Take a look at replacing your existing chair with one that supports and builds your posture. Some alternatives include the original Scandinavian backless chair or a BOSU exercise ball.

▶ *Posture* — If changing out your chair isn't an option there are other ways to improve your posture. Sit near the edge of your existing chair and lift your chest and heart. You may also consider purchasing a posture correcting brace.

▶ *Air Quality* — Purchase an air purification system and place it in the far corner of your office away from your desk.

▶ *Sitting* — Sitting is the new smoking. Make sure you get up and move around every hour (set a reminder alarm on your phone).

▶ *Work Stress* — Studies show "faking it" can have the same health benefits as the real deal. So take a moment to flash a big cheesy grin to relieve some tension and improve your health.