

Wellness. Productivity. Balance. **Feel the difference.**

Body Coach

Listen to Your
Wise Self



Work should fit the worker

not the other way around

Our bodies are designed to move.



Watch the video “A Year of Lex” on YouTube and you will see.

Reach. Stretch. Shift. Sit. Stand.

It’s a powerful revelation. Our bodies are hard-wired to move from Day 1.

Self-regulating, self-repairing, self-conscious. Amazingly intricate. A system of interrelated functions.

There’s a good reason for that.

You can call it body mechanics—or balance, homeostasis.

Essentially, movement produces endorphins, which help enhance our mood, and enkephalin, which minimizes our pain. Movement lubricates joints, moves O₂ and nutrition throughout our bodies; it even helps cleanse toxins.

Our bodies tell us what’s going on with rapid feedback throughout our day.

Over the years we forget to move. We grow up. Go to schools. Get jobs.
And before we know it ...

We sit.
... for many hours ...



12:00

3:00

6:00

New research has revealed that as much as 77% of an office workday is spent sitting in front of a computer. That much sitting causes stress, and stress disturbs the body's homeostatis.

A stressed body leaves itself open to attack.

**How well are you listening to your body?
It may be telling you things already, through:**

*Dry, itchy eyes
Shallow breathing
Fatigue
Stiffness
Numbness
Aches
Pains
Discomfort
Stress
Hurt*



*"Facts do not cease to be
because they have been ignored."*
Aldous Huxley

“Computing should never hurt,”



We cry. But it probably has for you.

Maybe you popped another aspirin, scheduled another health appointment.

And so we sit. Hours on end. Days on end. Years on end. We shift. Squirm. Groan. Sigh: **“There’s got to be a better way.”**

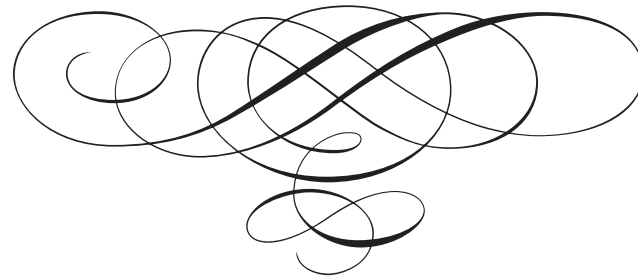
Yes, there is!



***“The heaviest load you will carry
throughout your day is your body.”***

Dr. Joseph Sweere

Professor, Northwestern Health Sciences University





MOVE!



***"One of the best ways to maximize the brain
is through exercise, movement."***

Dr. John J. Ratey

Clinical Associate Professor of Psychiatry
Harvard Medical School

Take A Break
Revive
Stand
MOVE
Breathe
Drink Water
Rest
Laugh

Blink
Sit
Stand In Meetings
Jumping Jacks
Back Bends
Stretch
Relax
Height-adjustable Desk
Refresh
Smile
Run
Skip
Change Your Habits
Take A Walk

Ergonomic Equation
Posture +
Motion +
Rest =
Comfortable
Computing

Use your body as your coach. It tells you when it is time to do ... something.



Sit. Stand.

On demand.

It may be hard at first. Remembering to move. Think about it as an investment in human capital—YOU. Implementing this kind of change means behavior modification, some knowledge, and yeah, a little discipline. Well, a lot of discipline.

But this is YOUR body. It's worth the effort.

FACT: Movement increases your metabolism¹

FACT: Movement burns more calories—sitting = 110/hr; standing = 147/hr²

FACT: Happiness lengthens life³

FACT: Prolonged sitting increases chances of developing chronic disease⁴



Help your body and it will help you.



Einstein There's nothing square about this idea.

Less than 10 seconds ago via twitterghost

1. *Diabetes*, Vol. 56, November 2007
2. *Science Daily*, June 1, 2008
3. *Science Daily* reports: Happiness does not heal, but happiness protects against failing ill. As a result, happy people live longer.
4. *Research into the Sedentary Behavior of Australia's Working Population*, Professor David Dunston

So listen *to it.*

What is your body saying right now?



The impact of decision latitude, psychological load and social support at work on musculoskeletal symptoms

Giving workers some latitude to make decisions, keep workload at optimal levels, and offering support makes workers less likely to suffer from musculoskeletal symptoms. *International Journal of Industrial Ergonomics*

we need to talk

ABOUT US

We're committed to making ergonomics affordable for computer users everywhere, helping to make lives healthier and more productive.

RESOURCES

<http://assessment.ergotron.com>

<http://planner.ergotron.com>

<http://payback.ergotron.com>

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