

2018  
*April*  
Ergonomics

## 5 Minute Posture Moment

Good posture is about more than standing up straight. Maintaining proper posture can prevent pain, injuries, and other health problems. Whether you work at a desk or you're on your feet for hours, here are a few quick tips for improving your posture:

- 1. Start Stretching** - Gently stretch your muscles throughout the day to relieve tension.
- 2. Hit the Floor** - While in your chair, make sure your feet touch the floor so that your hips and feet create a 90 degree angle.
- 3. Stay Relaxed** - Relax your shoulders, make sure they are not rounded or pulled backwards.
- 4. Get Support** - Use a back pillow to support your lower back's curve. This will help you sit straight.
- 5. Keep Moving** - Take quick walks around the office when you can. If you don't need a computer for a meeting, walk and talk with your co-worker.

# 2018 April Ergonomics

SUN

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MON

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Write your three health goals for the month below.

TUE

3



WED

4

THU

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FRI

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Make sure that you have good posture while sitting in front of your computer.

SAT

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Add different toppings to your salad to create exciting meals.

[Start with this healthy recipe.](#)

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Add steps to your day by enjoying the outdoor scenery.

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Leave your desk a few times during the work day to stretch your muscles.

Learn more [here](#).

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Adjust your desk chair so that your feet rest flat on the floor.

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Add brisk walking into your daily activities to help lift your mood.

Learn more [here](#).

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Are you meeting your health goals this month? Check them below.

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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.