

# Stay Well at Work and at Home



## Change Your Space to Improve Your Posture

Aches and pains are common complaints among people who spend a lot of time working on a computer. Sitting hunched over your desk or craning your neck at an odd angle can put strain on your muscles and tendons. Avoid problems by arranging your computer area, at work and home, in a way that supports good posture. Here's how:

- ✓ **Keep your keyboard and mouse close to you** on your desk to avoid reaching
- ✓ **Keep the monitor directly in front of you** about an arm's length away; line up the top of the screen with your eyes so that you can look downward to find the best angle
- ✓ **Check that your desk is high enough** to line up with your elbows when you're sitting down; for most people, that's 25 to 29 inches; your forearms should stay parallel to the floor while you're typing
- ✓ **Adjust your armrests** so that your forearms are supported with your elbows near your waist
- ✓ **Sit with your thighs horizontal and your knees level** with your hips; keep your feet directly below your knees so that your lower legs are vertical



## Build a Smarter Sandwich

Nearly half of American adults eat sandwiches on any given day. These meals can account for about one-fifth of your sodium intake. Extra salt can add up to high blood pressure, heart disease and strokes. To make a healthier sandwich:

- 1 Mind your meats.** Six thin slices of cold cuts or cured meats can provide as much as half of your daily sodium needs. Buy lower-sodium versions.
- 2 Pick better bread.** Whether white, wheat or pumpernickel, bread and rolls are a major source of salt. Opt for low-sodium or no-salt-added versions.
- 3 Cut out condiments.** Use only a small amount of barbecue sauce, mustard, ketchup, horseradish or pickles. Instead, flavor foods with garlic, herbs and spices.

*Sources include American Heart Association; Centers for Disease Control and Prevention; Journal of the Academy of Nutrition and Dietetics; and National Heart, Lung and Blood Institute.*

*Sources include American Academy of Orthopaedic Surgeons; Division of Occupational Health and Safety, National Institutes of Health; and U.S. Department of Labor.*

*Developed by StayWell*

PM-19-128