GIVE ME A BREAK...
WORK RELIEF INFORMATION FOR UNIVERSITY STUDENTS WORKING FROM HOME

DID YOU KNOW
Sitting for greater than 7-8 hours per day, whether during work or leisure, increases your risk for (1):
- Type II Diabetes
- Musculoskeletal Discomfort
- Fatigue
- Obesity
- Cardiovascular Disease

HOW OFTEN SHOULD YOU MOVE?
For the number of hours you spend doing sedentary work, you should spend 25-50% of that total time standing or walking.

To see the greatest health benefits, for 8 hours of sedentary activity alternate between sitting and standing every 15 to 30 mins (2)(3).

FITNESS FACT
To mitigate the risks of a day of sedentary work you would need to do (1):
- 60-75 mins of moderate to vigorous exercise, like swimming or running
... but this will not make up for evening TV time

BE YOUR OWN DETECTIVE
Listen to your body and what it is telling you - the ache you feel may be your body asking you to stop and pay attention (4).
Possible symptoms of a work related injury may be: dull ache, numbness (especially at night), tingling/burning sensation, swelling, and more (4)

WORK-RELIEF EXERCISES
Work relief exercises are not a replacement for an ergonomic workspace, but they can help with the soreness and tension you may be experiencing (5).

EYES
Try the 20/20/20 Rule:
Take a break every 20 minutes by looking away for 20 seconds at something 20 feet away (6)

HANDS & WRISTS
Punch it: make a tight fist (3 seconds), and release - spread your fingers wide (3 seconds)
Shake It: bring your arms to your side, and give your arms/hands a shake (5)

SHOULDER/ARM
Reach: bring one arm across your chest, with your opposite arm carefully pull your elbow - feel the stretch for 10 seconds (4)

BACK
Arms Up: Bring your arms out straight in front of you, and float them up above your head. Pull your arms up like they're being stretched by an imaginary string (5).

NECK
Shrug it off: Bring your shoulders up to your ears (bold) and lower them.
Round & Round: Arms at your side, rotate your shoulders forward and back three times (5).

TIPS
- Listen to your body, get up and move at least every 50 mins (6)
- Set movement reminders in your smartphone (3)
- No stretch will work the same way as a proper workstation (4), download the app Ergoffice by EWIworks and set your desk up right!

REFERENCES:
- Keep these in mind:
  - Understand what the author is trying to say: what story is she trying to tell?
  - How can you help her tell it best?
- If revisions need to be made, ask the author to do them
- Work using track changes so author can see your edits

LISTEN TO YOUR BODY AND STRETCH, TAKE A BREAK, OR CHANGE POSITION AS NEEDED!

Sedentary Activity Adds Up