



Becoming an Active Working Bruin What to Do at Your Work Station

The key to feeling best at the end of the workday is to **change positions frequently**. Having an adjustable workstation that allows you to work while **standing, sitting on a stool, and sitting in a chair** would be ideal. Change positions every 15-30 minutes. Although the stool and chair idea seems redundant or unnecessary, it's really a game changer. The difference in the angle of hip and knee flexion of the chair and stool is key to helping prevent/reduce postural and/or musculoskeletal pain.

Caution: Gradually, add in periods of standing to avoid injuries associated with too much standing. As an example, consider starting with 10-15 minutes of standing every 2 hours for 2 weeks. Then, 10-15 minutes every 90 minutes for 2 weeks. Then, 10-15 minutes every hour and so on. Continue to change positions frequently, alternating between sitting in a chair or on a stool and standing.

Walking Pads

A Walking pad can be a great way to get more steps in throughout your day and prevent postural and/or musculoskeletal pain associated with too much sitting. At slower speeds (below 2.0 mph), users report being able to maintain a high level of productivity. Meetings, brainstorming/thinking, and light reading can generally be tackled pretty easily on a walking pad. It can be raining outside, and you can still be walking inside!

Caution: Check with your supervisor prior to purchasing a walking pad. The use of a walking pad may not be allowed under certain circumstances. Practice on the pad at slow speeds in an area where you could hold onto something for balance while not doing any work at first. Once comfortable, begin adding in small tasks while walking (still being able to hold onto something as necessary). Follow all manufacturer recommendations for placement and use.