

## **This Wild Profession – Tips For A Long & Healthy Worklife**

Stay aware of your posture while you are sitting at your console working and observe your attitude about task completion. It is as important to take care of the “tool”, your body, which is connected to your mind!

Do not eat your lunch at your console-if possible. During your lunch break do an activity that involves physical exercise: walking, go to the gym, shopping or at the very least stretching in the lunchroom — get away.

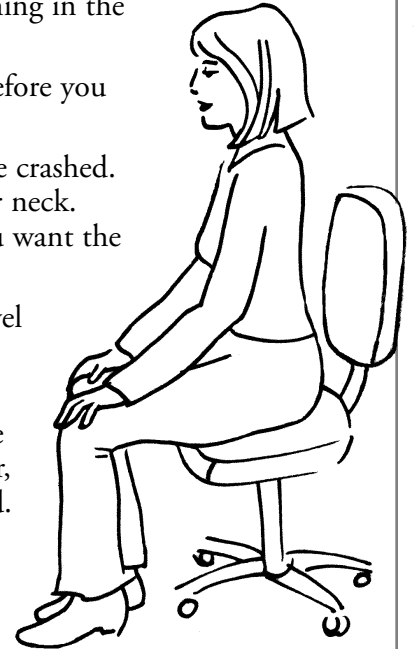
Include full body stretches in your daily activity, emphasize the upper body. Stretch before you go to sleep — whenever time that is — who can know? Stretch many times a day.

Observe your sleeping position. You may lay in one position for many hours if you are crashed. Settle in purposefully, your body is RE-forming while you sleep - so be careful of your neck. The neck should be supported, but too many pillows will create problems as well. You want the head to rest comfortably. The neck should be in line with the rest of the spine.

Check that your workstation is set up correctly. Your monitor screen should be eye level or below eye level. New keyboards and mouse designs can help prevent strain too.

Develop an exercise program that includes upper body strength, so that you can sit comfortably in an upright position without slouching. The program must also include exercise for flexibility, to stretch out the contracted muscles of the wrist, arm, shoulder, neck and upper back. Again you are forming your body for future years — think ahead.

If you have pain, go to a competent health-care professional who is experienced in treating carpal tunnel and repetitive stress disorders. Pain is a notification device.





## **Exercises**

Following are some yoga-based exercises, which you can do in the comm center during the course of the day to help prevent carpal tunnel and repetitive stress injuries. Hold the positions for a few breaths and let the stretch increase but do not force it. The most important part of each exercise is to become aware of your body and your breath. **JUST BREATHE!**





### **1. Full body stretch at the wall & stretching the shoulders**

Stand up facing the wall and reach your fingers up as far as you can. While you stretch up also stretch down by placing your feet firmly into the floor. Firm up your legs, extend the side of the torso and bring the shoulder blades towards the wall. Breathe fully as you stretch, walking your fingers up the wall. Do this every time you have a potty break!

Move a little away from the wall so that your torso is diagonal to your hips and press both palms into the wall equally. Press into the ground with your feet, firm up your legs and release your tailbone away from the wall. Lift up the ribs and let your head drop slightly. You can also do this with the back of a chair. Place your hands on the chair and walk back until your torso is extended parallel with the floor. Firm up the legs, lift up your abdominal muscles and lift the ribs while releasing the spine, tailbone away from the chair and top of the spine towards it. Feels GOOD.

