6 Tips for Improving Your Health & Wellness at Your Desk

By Kathy Marihugh

1.   **Mind Renewal.** Every 90 to 120 minutes of work, get up from your desk and take a break from your work. This simple positive interruption, even just for a few minutes, will help you refocus and refuel your mind.

2.   **"C" You Later Work Stress!** The next time that you find yourself stressed out at work...relax with an Orange. Reason: Research has shown that Vitamin C can actually help to lower the production of stress hormones, which just may make your workday a little easier to handle.

3.   **Uncross for Better Posture.** The act of crossing your legs, while sitting at your desk can lead to poor posture and lower back stress. Aim to keep both feet flat on floor for a healthier spine. Even better? Use a motion chair like Swopper to engage your core, improve circulation and focus.

4.   **Protect against germs.** Did you know that when people sneeze, their germs may be spread up to 8 feet? What makes this scary is that even if you steer clear of direct contact with a person that has a cold...when this person sneezes-your clothes can catch and carry the germs and sooner or later, you too maybe feeling under the weather. So, be sure to wash all articles of clothing next time someone in your office sneezes.

5.   **Avoid multitasking.** Studies have shown that switching back and forth between tasks can decrease your rate of productivity by up to 40%. You're more likely to make errors and introduce stress at a higher rate when multitasking.

6.   **Start your day with a boost.** Want to Give Your Morning Coffee a Healthy Boost? Then, stir in some Cinnamon. Reason: This diabetes fighter helps to regulate blood sugar, which can make it ideal to help stabilize energy levels and moods.