

Health Tip of the Month

Make the Most of Your Workspace

Working or studying from home is an adjustment. You may be sitting or using a desk for long periods of time.

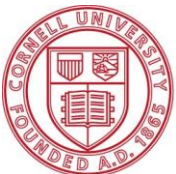
For your mental and physical health...

Make the most of your workspace with these tips:

1. Go for a walk before or after your workday starts.
2. Prop your desk up so it is at eye level.
3. Have your monitor be an arm's length away from you.



Don't forget to stretch! Move around at least every 20 minutes.



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Worksite Wellness Initiative: by Molly Krause, Dietetic Intern
Teachers College, Columbia University 94: 10/20
More Health Tips? visit <http://nyc.cce.cornell.edu>