

Eye Spy (Week 4)

I Spy with my Ergo Eye something that starts with the letter "E".

- Eyeglasses? Edge of the table? An elephant?
- Maybe it's an **elbow** on the table?
- Awkward posture just slowly creeps up on us.
- If you go on a mission searching for postures like this, you are probably going to be disappointed if you go first thing in the morning.
- BUT, if you take a look around your workgroup around the mid-afternoon 'crash', you will probably find your co-workers melting into their desk.
- Our bodies aren't meant to stay in one position all day. So, once our stabilizing muscles get fatigued, we start to 'melt'.
- Call it what you want, but melting, slouching, head forward posture and leaning our elbow on the desk are all related to the fact that we are spending too much time in one place (our desks!).
- Encourage your co-workers to take microbreaks and stretch breaks. Or at least, get away from the computer at lunch. (And if you don't take lunch, you may want reconsider after you check your posture by mid-afternoon!)
- Be on the look-out for these simple to solve habits and risk factors.
- And remember the definition of insanity, "... doing the same thing over and over again and expecting a different result." Ben Franklin'
- When are you going to change your habits?



Shortcut Tip In MS Word, hold ALT and Shift while using the right/left arrow keys to cycle through heading styles.