

## Heart health at your desk; tips for a healthy workday

Kapi-Mana News · 19 Mar 2024 · 8

In today's sedentary work environment, where many of us spend the majority of our day sitting at a desk, it's important to find ways to stay active and promote heart health. Making small changes to your daily routine can have a big impact on your overall wellbeing. Here are some practical tips to help you stay heart-healthy while working at a desk.

**Stand up frequently.** Set a timer to remind yourself to stand and stretch or walk around for a few minutes every hour. Consider using a standing desk to alternate between sitting and standing throughout the day, which can improve blood flow and reduce the risk of heart disease.

**Take walking breaks.** Instead of emailing or calling a colleague, walk over to their desk for a face-to-face conversation. Use your breaks to take a short walk outside or around the office building to add more movement to your day.

**Stay hydrated.** Keep a water bottle at your desk and drink plenty of water throughout the day to stay hydrated. Drinking water also encourages regular bathroom breaks, prompting you to move more often.

**Practice desk exercises.**

Incorporate simple exercises like leg lifts, desk push-ups or seated leg stretches into your workday to keep your muscles active. These exercises can help improve blood circulation and reduce the risk of developing heart disease.

**Use a fitness tracker.** Wear a fitness tracker to monitor your daily activity levels and set reminders to move if you've been inactive for too long. Tracking your activity can help you stay motivated to move more throughout the day.

**Mindful eating.** Avoid mindlessly snacking at your desk. Instead, take a break and enjoy your meals away from your workstation to promote healthier eating habits. Eating mindfully can help prevent overeating and improve digestion.

**Stretch regularly.** Incorporate stretching exercises into your daily routine to reduce muscle tension and improve flexibility. Stretching can also help improve posture and prevent back and neck pain.

**Maintain good posture.** Sit up straight with your feet flat on the floor and your computer monitor at eye level to maintain good posture and prevent back and neck pain. Adjust your chair and desk height to ensure that you are sitting in an ergonomically correct position.

### Reduce screen time.

Take regular breaks from staring at your screen to rest your eyes and reduce the strain on your eyesight. Use the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds.

By incorporating these simple tips into your daily routine, you can promote heart health and overall wellbeing, even while working at a desk.

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