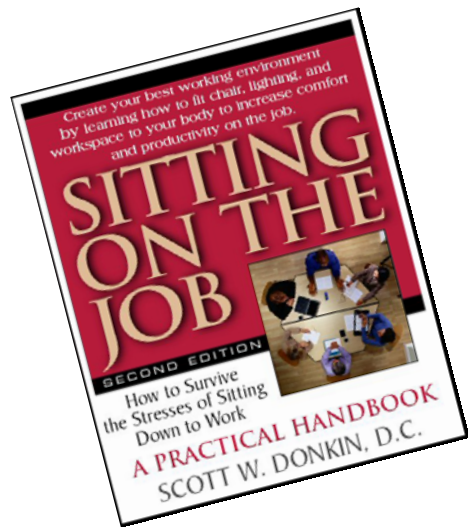


For more information contact:



If you suffer from chronic or persistent pain or have other health concerns, be sure to seek the assistance of a qualified health care professional



“Simply an excellent book. A must for those who sit for long periods of time.”  
- Bob Anderson, Author of *Stretching*

Adapted from Dr. Scott Donkin’s best-selling book *Sitting on the Job*. “Sitting Fit!” can be ordered from [www.scottdonkin.com](http://www.scottdonkin.com) or by calling (402)488-1500.

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# Sitting Fit!

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A better way to make a living while sitting.

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[www.scottdonkin.com](http://www.scottdonkin.com)

## The Nitty Gritty of Sitting

Heavy lifters aren’t the only ones who suffer from a day’s hard work, millions of office workers are the victims of aches and pains caused by the stress of sitting down— too long, too awkwardly.

Millions of people who earn their living while sitting needlessly endure excessive pain, stress and strain as they perform their daily tasks. Many people feel that pain, stress and strain are necessary evils in today’s “high-tech” society. And while these complaints are *common*, they are not normal.

The good news is that people need not suffer while they sit. Too few people realize that by making adjustments to the office setting or that by taking stress-reducing exercise breaks, many of the aches and pains associated with sedentary workers can be alleviated.

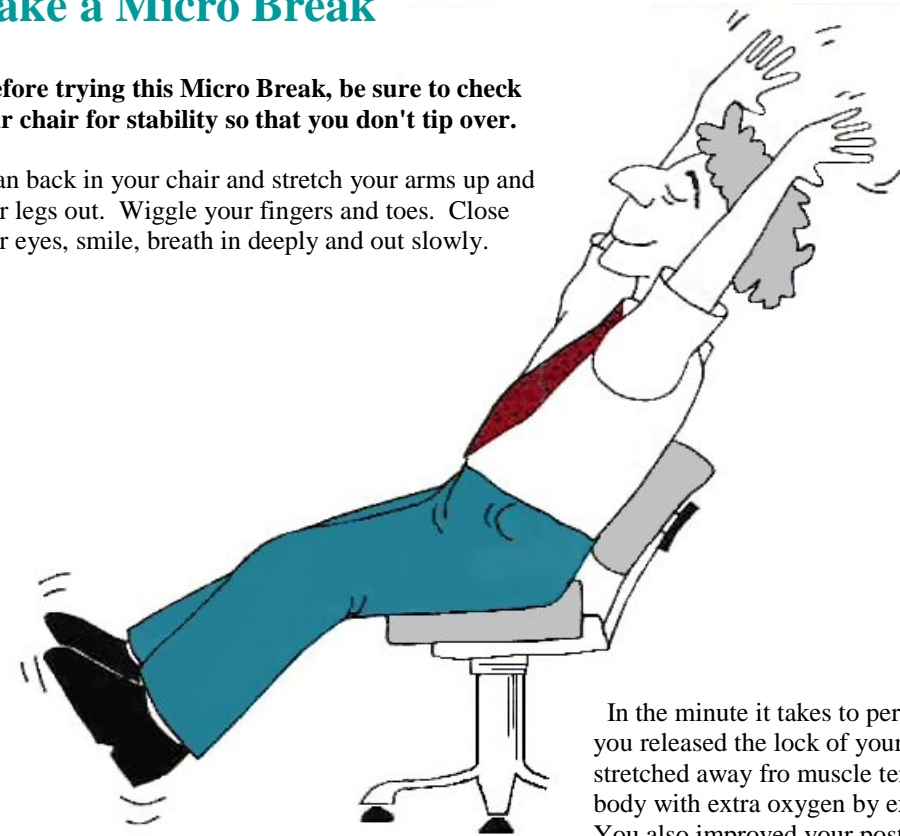
The following micro break is your first step toward discovering a whole new way to sit while you work. Try it the next time you suffer the fatigue, tension and pain resulting from sitting while you work.

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## Take a Micro Break

**\*Before trying this Micro Break, be sure to check your chair for stability so that you don't tip over.**

Lean back in your chair and stretch your arms up and your legs out. Wiggle your fingers and toes. Close your eyes, smile, breathe in deeply and out slowly.



In the minute it takes to perform this micro break you released the lock of your visual and mental task, stretched away from muscle tension built up in your body with extra oxygen by expanding your rib cage. You also improved your posture as well as the circulation of your blood through your legs and back to your heart. All this in 60 seconds! But wait...there’s more.

## Common complaints.

The real nitty gritty of sitting is in the environment you work in every day. Poor lighting, incorrectly adjusted chairs, VDT and computer keyboards are the cause of many worker complaints of eye strain, back

and neck and shoulder and arm problems. Take a look at some of the common problem note below, then take a look at how you can set up your work space for optimum comfort and productivity.

## Common solutions.

**Eye strain** results from long hours at a computer or visually intense work.

**Headaches** are a common result of tension, eye strain and poor posture.

**Wrist**, hand and finger pain, numbness, or tingling can result from improper positioning of your keyboard.

**Neck pain** can result from repetitious or prolonged forward head tilting or one-sided head and neck turning, putting extra pressure on the shock absorbing discs between the vertebrae which protect the nerves. This extra stress also affects the joints between the bones and additionally strain ligaments, muscles and nerves.

If you frequently use a keyboard, it is usually better to keep your elbows close to your body and your wrists parallel to the keyboard. By not bending forward, backward, inward or outward, you reduce the strain on the wrists, forearm muscles and ensure better positioning of your upper arm, shoulders and neck. Reduce wrist strain by avoiding extension of your wrists and be preventing your wrists from pointing outward while keying.

Reduce eye strain by frequently changing your focus to an object far away or by closing your eyes. Your eyes need frequent vision breaks to minimize strain.

The chances for headaches are reduced when proper posture and good lighting are in use. The elimination of reflective glare is also helpful as is the proper arrangement of work materials and equipment.

**Shoulder** and arm symptoms can result from arm positions and task postures that are unnatural to your body.

**Back pain** caused by unsupported sitting increase strain and fatigue.



Neck pain can be reduced by adjusting the work station to fit your body so that your head is not unnecessarily tilted or rotated too far. Also periodic breaks to move and exercise your neck, shoulders, arms and upper back are essential to counteract the effects of head tilting.

By aligning your body with your chair, your work station and your task you reduce the twisting and strain on your back, neck and shoulders.

Reduce back pain by sitting in your chair with your buttocks aimed at where the seat and backrest meet. Adjust the chair's seat pan height and back rest to fit the unique contours of your back and hips, so that you can sit comfortably erect. Use the back rest while working.

An answer to fatigue is exercise. Stretch and move during your scheduled breaks and take several micro breaks throughout the day. Also, take a few deep breaths in and out regularly throughout the day.

**Fatigue** is difficult to measure but is often described as a feeling of tiredness, lack of enthusiasm or no energy.

Your chair height should allow you to plant your feet firmly on the floor or footrest. It is essential to frequently flex and extend and move your feet and legs in order to keep your blood flowing.

**Leg** and foot symptoms often result from poor blood flow through the legs because of lack of movement. If your chair's seat pan is raised too high, the resulting pressure on the backs of your thighs and sitting bones of your pelvis impedes the blood flow.

Even in our high-tech society, human performance remains a key factor. Rising health care costs and continuous training and replacement in high turnover jobs are forcing businesses to consider methods and programs designed to develop healthy workplaces and healthy workers..

All across the country companies are implementing programs to help workers become healthier and more productive. None will archive greater success than those organizations who strive to improve the work environment by providing proper equipment and

Ongoing education and training on ho to become a healthy worker.

There are many simple things outlined in this brochure that can get you started toward a healthier more productive *you!*

## Common sense.