

Let's Talk: Sit smarter

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Hi, I'm Temerson. Often times when we sit at a desk all day we can get cramped up. Let's talk today about how to sit in your chair properly and stretches to relieve back pain.

Tips for sitting smarter

The first thing you want to do is make sure your chair is at the right height. So your knees are at a 90 degree angle and your feet can comfortably rest on the ground.

The next thing is you want to make sure to be able to pull your keyboard towards you so that your elbows can comfortably rest in your armrest.

The next thing you want to do is make sure that your monitor is at eye level so that you're not craning your neck to look at your screen.

If there's a lot of space between your lower back and your chair you can also put a pillow in the small of your back for extra support.

Simple chair stretches

Now I'll talk through some simple stretches you can do in your chair.

Move to the edge of your chair. Extend one leg so your heel is on the ground and gently lean forward, holding here for a few breaths. Then switch sides. Extend the opposite leg. Then the other knee and gently lean forward. You can also extend both legs and gently lean forward for a deeper stretch through your lower back.

A second stretch you can do to loosen up your hips is by placing one ankle on top of your knee and gently using your hands to push your knee away. You can hold here for a few breaths. Then switch sides.

The third stretch you can do is a simple twist. Sitting tall in your chair, feet flat on the ground, place one hand on your armrest, the other on your knee, and slowly twist towards the hand in your armrest and hold here for a few breaths. Then switch to the other side. Again, feet flat on the ground. One hand on your armrest, one hand on your knee. Sitting tall, twist towards your hand on your armrest.

Try these simple stretches to loosen up your hips and your back as many times as you can during the day. It's also a great idea to take a break and get up and go for a walk outside.

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