

BODY TALK *Continued*

job," Eaglin says. "The walking is for me. Nobody is with me. It's my time to pray, quote scripture and think about what I have to do."

FLEXING

Your arms, legs and hands can stiffen when they remain in one position for a long period of time. These muscles should get a workout during the day to avoid cramping.

Your arms could tire from typing or just from being in one position. Throughout the day extend your arms in front of you and push your palms together. Without straining, use the resistance from your palms to flex the muscles in your forearms and biceps.

If your job requires you to sit for long periods of time, it's especially important to move your legs to, among other things, ensure proper circulation. While seated, lift one knee and extend it forward, keeping your toes curled, health producer Johnson suggests. Make sure that your knee does not lock. Hold this position for 20 seconds before switching legs.

Tired hands get a break when the fingers are extended straight and separated until they feel tense. Hold that position for 10 seconds and then relax. Then squeeze your fingers at the knuckles and hold that position for 10 seconds. Repeat several sets of these positions to flex your hands.

EQUIPMENT

Sometimes exercise equipment can help us get the workout we need while still on the job.

Instead of sitting in a chair (if the environment allows it), sit on a fitness ball. It stimulates the body, improves posture and improves concentration. "Because

[the ball isn't] stable, it makes you think about what you're doing," says chiropractor Flythe, who is also a personal trainer. "In a chair you sag and are uncomfortable. Also sitting on an air-filled cushion helps you exercise abdominal muscles."

Small equipment, such as hand weights (or water bottles), a thigh machine, ankle weights and a resistance band can be used at the desk to help you work out.

WORKSTATION SETUP

Having a workstation that is ergonomically correct can prevent a lot of problems, Lee says. First, your chair and keyboard should be adjustable. Your hands should reach your keyboard while your

arms are at a 90-degree angle resting on armrests. The computer monitor should be at eye level. Your feet should be planted on the floor or on a footrest with your back positioned against a straight-back chair.

Remember, being fit involves the mind, body and spirit. Johnson, Lee and Flythe recommend practicing deep breathing, having quiet time to meditate, watching your nutrition and taking natural supplements.

Stretching and exercise breaks should be a regular part of each day at work. These breaks will not only improve your overall health, but will make you a more efficient worker.

—Marsha Gilbert

