

DON'T JUST SIT THERE!

vitaMin

Vital health information in a minute!

When was the last time you saw your doctor?

Men's health week is June 13-19, a great time to schedule your next checkup.

Don't just sit there!

Are you sitting to read this article? Have you been in your chair for a while? Do you sit in your car to commute to a desk job, then unwind in front of the television in the evening? Do you use email to communicate, online banking or online shopping for errands you used to run in person?

It's time to get moving

Think beyond your workout. Even if you exercise at lunch, that still leaves seven hours of mostly sitting at your desk. Become more physically active – it's good for your mind and your body.

- **Work some stretching.** turning and bending into your day.
- **Mix standing and sitting.** Sitting constantly is unhealthy, but so is standing still for long stretches of time. It's better to shift frequently between sitting and standing, or walk around your worksite or office.
- **Take regular breaks.** Take a few minutes to stretch out your entire body – all the muscles that are cramped. Do it five or six times a day and you'll start to notice a difference.
- **Think before you email.** Question for your coworker down the hall? Don't email; walk and talk instead.
- **Get up out of that chair.** Go for a walk during lunch instead of sitting in the break room. Use the stairs instead of the elevator.
- **End your workday with a bang.** Prolonged sitting can tire you out, so take a brisk, 15-minute walk in the afternoon. You'll be more productive afterwards.
- **Rethink your commute.** Use mass transit and get off a stop early, or find a distant parking spot so you walk for a few minutes before and after work.
- **Don't be a couch potato.** Exercising every day will help with weight loss and improve your mood. Research shows the longer you sit on the couch, the greater your waist circumference and the higher your risk of cardiovascular disease.

(Source: Web MD®)



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Computer eyeballs? A look at computer vision syndrome

Staring at a computer monitor for hours is part of the modern workday, but it can put a real strain on your eyes. Not just adults either – kids who play video games or use computers at school can experience eye problems, especially if the lighting is less than ideal. It's known as Computer Vision Syndrome (CVS).

Working on a computer is harder on your eyes than reading a book or piece of paper because the computer screen adds contrast, flicker and glare concerns. Problems can be more severe if you have an eye problem like nearsightedness or astigmatism.

A few simple changes can help

Cut the glare. Change the lighting, move the monitor and close the shades until the glare disappears.

Rearrange your desk. The best position for your computer monitor is slightly below eye level, about 20 to 28 inches away from your face. Don't stretch your neck or strain your eyes to see what's on the screen.

Give your eyes a break. Every 20 minutes, look away from the screen and look out the window or around the room to rest your eyes.



Tweak your computer settings. Adjust the brightness, contrast and font size until you find the best settings for your vision.