

# The workout for your workplace...

## Putting the Exercise at Your Desk program into action

Working Americans spend about 2,000 hours a year in the workplace.\* So it's no surprise that all those hours can take a toll on your eyes, back, arms and neck. Exposure to adverse working conditions can result in short-term pain or possibly long-term injury. Fortunately, a careful approach to ergonomics in the workplace can help prevent injuries and even help increase productivity and efficiency.

## Is your workplace in a "slump"?

The **Exercise at Your Desk** program from Blue Cross and Blue Shield of Illinois can provide you with straight answers about overcoming ergonomic challenges in the workplace. Following an easy-to-use program, employees learn how to perform a series of eight simple stretches divided into two groups, morning and afternoon, lasting about five minutes each. Take a look at the reverse side of this flyer to find easy suggestions for promoting **Exercise at Your Desk** in your workplace.



**BlueCross BlueShield  
of Illinois**

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## How to get moving with **Exercise at Your Desk**:

- Introduce **Exercise at Your Desk** to employees at employee meetings, via e-mail announcements or through Webinars.
- Provide a demonstration of the exercises and help employees learn how to do them correctly as shown on the poster or presentation slides.
- Educate employees about good ergonomics and teach them how to set up a functional workstation.
- Encourage employees to hang their **Exercise at Your Desk** logs in easy view and use them to track exercise sessions.
- Consider holding a contest to engage employees in the program, or give incentives.
- Hold a “victory party” once participants have completed the program. And when the party’s over, employees can keep celebrating their success by practicing good ergonomics—and by feeling more fit and flexible every day.

Want to know more about office ergonomics, stretching programs or just about any health-related topic you can imagine?  
Turn to Blue Access® for Members at [www.bcbsil.com](http://www.bcbsil.com).

\*Source: American Industrial Hygiene Association