

# Ensuring You're Healthy While Working At Your Desk

Andy Morton<sup>1</sup>

<sup>1</sup>Affiliation not available

April 28, 2020

As an office worker, you are likely to spend extended periods at your desk, staring at a computer screen. For those of us who have been in the game for a long time, this way of working might stretch all the way back to university and beyond. Unsurprisingly, research has shown that sedentary working habits can [have an adverse effect on our health in the long term](#).

In a number of white-collar industries, many of us are expected to work an 80-hour week mainly at our desks. If you want to ensure you stay healthy while working an office job, here are a few tips to help you on your way.

## Cycle or Walk to Work

Healthy work habits can begin with your commute. One of the best ways to keep yourself fit and save money/the environment in the long term is to cycle to work where possible. Many cities are evolving to become more cycle-friendly, and the [government's cycle to work scheme](#) can help you to get a bike through work at a discounted rate. While not all of us will live close enough for this to be a viable option, you could even look at taking public transport part of the way there, keeping you and your bank balance healthy.

## Keep a Healthy Office Diet

In the UK, we have problems with eating properly at lunchtime. There is a work culture across many places that frowns upon people taking extended breaks, and it expects people to [work through their lunch, at their desk](#). This often means a quick lunch consisting of a pre-made sandwich or some other kind of fast food.

Take the time to make yourself a nutritious lunch and stay away from the pre-made stuff that is often an unhealthy option. Many offices now offer staff free fruit, so make sure you're taking full advantage of this and staying away from the chocolate and crisps in the vending machine.

## Sit Properly At Your Desk

In recent years, a great deal of research has been undertaken into the physical effects of working at a desk in the long term. In terms of proper posture and desk height, you should make sure you always sit upright at

your computer and have your computer monitors right in your eye line. There are [useful guides on preventing back pain](#) that can help you to set up your desk properly.

Spending long periods working at a computer can also hurt your eyesight. If your monitors are poorly adjusted or your office is dark, you can be doing yourself real damage in the long term without knowing it. Have a read up on the recommended settings to [ensure you aren't doing yourself any harm](#).

We are increasingly finding ourselves in jobs that require us to be sedentary for extended periods of time. As humans, we are not built to work this way day-in-day-out, so it is vital that we take steps to remain healthy in our jobs.

Sometimes doing something as simple as getting up from your desk once an hour for a wander around the office will do you a world of good. Making these little habits part of your routine will help you to maintain a healthy lifestyle in the long-term.