

# STAYING HEALTHY WHEN WORKING FROM HOME

## Prepare Your Space

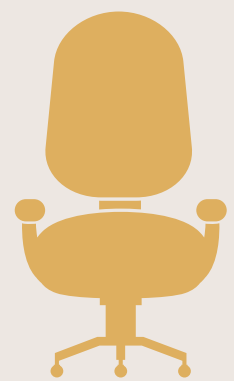
Have some healthy snacks at hand and a bottle of water



Use natural sunlight and have plants around if possible to boost productivity

Use an ergonomic chair or the best one you have

Try a standing desk



## Set a timer

Work in bursts of 30-45 minutes and set a timer to stop and take a break.

## Make it a moving break

- walk around the block or house
- go up and down the stairs for that time
- do 10 squats, plank for 15 seconds and do 10 push ups

Get more healthy tips on my IG account: [@vanesanicolosi](https://www.instagram.com/vanesanicolosi)

