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Health tip

Mobile working – stay healthy through these difficult times!

Don't forget about your health when it comes to mobile working. Even small series of movements help you to have a healthy work routine.

► Be careful when it comes to forced postures

A forced posture is when the activity, the work equipment or the work environment only allows a small amount of movement. This makes a well-developed awareness of your body and regular changes in position even more important.

► Health consequences

Activities with forced postures severely affect the musculoskeletal system: the abdominal muscles relax and this places the strain on the spine and digestion and respiratory organs.

► Counteract strain with key movements

Dynamic sitting, i.e. regularly changing your seated position or posture reduces the strain on the muscle groups involved. Change your seated position in your chair, stand up while working and take short active breaks regularly. For example, ease the burden on your strained muscles by activating their counterparts instead.

► Holistic benefit

Physical activity and varied positions don't just provide benefits to your physical health, but also promote productivity.



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You can find movement tips and plenty of useful information concerning the topic of working from home at: <https://bosch.bkk-fokussiert.de/mediathek/>