



Mix It Up With Ergo

Simple things you can do to change and move throughout your day



Standing

Benefits include:

- ❖ Easily done when talking on telephone or reading documents
- ❖ Burns 60 calories/hour more than when sitting
- ❖ Maintains core strength
- ❖ Shortens meeting time

Sitting

Benefits include:

- ❖ Subtle adjustments to seat or back angle/ height can activate different muscles to help reduce fatigue
- ❖ Sit back and relax to type, mouse and read at the computer
- ❖ Sit forward to actively reach, write and move in your chair



Active



Relaxed



Pointing Devices

Benefits include:

- ❖ Switching hands reduces the repetitive clicking & grasping by 50%!
- ❖ Alternating between different devices with the same hand can allow you to position your hand differently throughout the day

EXAMPLES: alternate between a mouse and a trackball or use two different style mice



For more information, contact the Ergo Team x6848 or ergo@lbl.gov