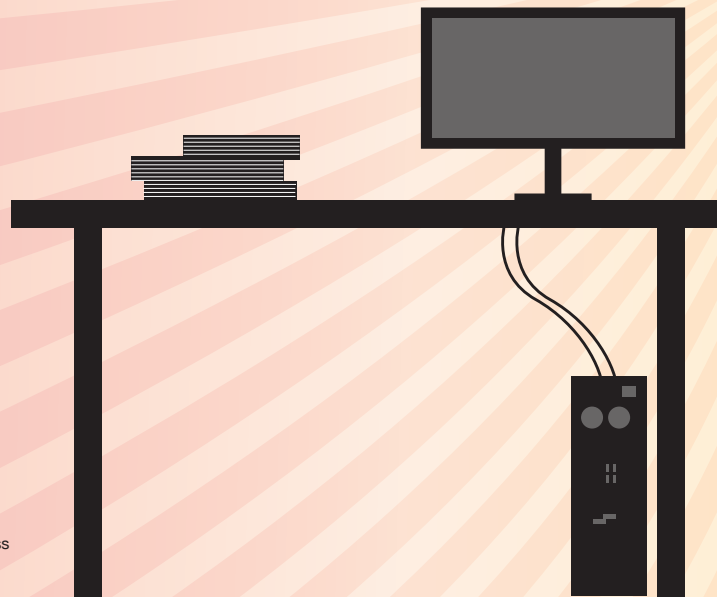


# Give me a break!

Sitting, standing, and working at a computer for too long can cause **discomfort** as well as decrease productivity and your ability to focus.

Take **6–10 second breaks every 20–30 minutes** to reduce the risks associated with working in a seated position.

- **Set reminders.** It's easy to get caught up in a task and lose track of time. Set reminders on your phone or calendar to alert you when it's time to take a breather.
- **Change your posture.** If you've been sitting for a long time, stand. Make sure your break differs from your previous activity.
- **Seek variety.** Use a restroom, water fountain, or printer on a different floor.  
**Added bonus:** Take the stairs to get there.
- **Get moving.** Take a walk or do another activity. A "yoga at your desk" video and a guided relaxation audio are available for download at **Wellness.IllinoisState.edu**.
- **Draw the line.** Avoid mixing work and breaks. Be sure to step away from whatever you are doing and change your body's position.



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