“INVESTING IN YOUR PERSONAL ASSET—YOUR BODY”
Upper frame of the screen same height as eyes

Distance between the eyes and the screen 65-75 cm

Relaxed shoulders

Back support not too flexible to fit lower natural back arch

Angle of elbow 90°-100°

Angle of hip 90°-100°

Height of chair to be adjusted to the person’s height & the table

Feet flat on the floor or supported by a pedestal

Wrist free in straight line with forearm

Keyboard tray lower than the table but not touching knees

Document holder same height as eyes

Angle of knee 90°-100°
Simple Changes
Simple changes

5 Ways to Wellbeing
What are the health benefits of physical activity?

- Dementia by up to 30%
- Hip fractures by up to 68%
- Depression by up to 30%
- All-cause mortality by 30%
- Cardiovascular disease by up to 35%
- Type 2 diabetes by up to 40%
- Colon cancer by 30%
- Breast cancer by 20%
Physical activity and mental health

Being physically active:

- Protects against mental health problems
- Decreases depression in older adults
- Reduces the symptoms of postnatal depression
- Is as effective as medication for mild to moderate anxiety and depression
- Improves self-esteem and cognitive function in young people
- Playing sport reduces psychological distress by 34% 1-3 times a week
- Playing sport reduces psychological distress by 47% 4+ times a week
- People who participate in sports clubs and organised recreational activity enjoy better mental health.
any questions?