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Creatures of Habit

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Many of us do it at our leisure. Many of us do it for a living. Many of us even fall asleep while doing it. Some of us love it. Some of us hate it. Sooner or later we all have trouble with it. But even so... we do not have to suffer from it. What could it be? Of course, the obvious answer is "sitting." Or, perhaps, it wasn't so obvious. If not, then you will enjoy, as well as benefit from this new monthly column.

We take so many things for granted in our busy lives, and gradually slip into habits that tend to be detrimental to our health, decision - making, productivity and happiness. This is due to our failure to master a set of essential fundamentals.

The fact is that we are creatures of habit, whether the habit is positive or negative. The good news is that we have the ability to alter our fate given accurate knowledge, inherent desire, and consistent action. We can all help ourselves, as well as family, friends, colleagues, employees, and others whom we influence.

Some topics of interest for both you and our employees may include:

- 1) How to take effective "Micro Breaks" (30-60 seconds) that remove eye strain, back, neck and shoulder pain, and fatigue.
- 2) The common causes and solutions for headaches.
- 3) Why sedentary workers suffer more from the cumulative effects of stress than their industrial counterparts.
- 4) How sitting postures can create more back problems and degeneration than heavy physical work.
- 5) How to safely work into an exercise program that you can stick with and enjoy.
- 6) The reasons why some people thrive on work stress and others succumb to it.
- 7) The most common complaints and problems with sedentary working and their respective solutions.

I'd like to explore your questions and concerns. If you have questions regarding these topics, please send them to wellback@binary.net.