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Healthy posture behind PC or desk

The Netherlands – 15 January 2020 – Have you started to adapt a healthy posture behind the PC or desk?

Most people that sit behind a desk or a computer tend to develop a unhealthy posture. In this article we would like to contribute to a more healthy and comfortable desk-work environment. Taking a confident position behind desk or computer screen, with a is essential for a healthy posture, ensuring your spine, shoulders arms and hands are stress and pressure free.

Starting with a straight back and shoulders enables a solid and confident position behind the desk. Good posture helps to reduce strain, tear and imbalance. Since 2015 we at Spire have invested more time and resources into ergonomics and healthy desk and computer work. We believe that globally the physical and mental fitness of desk workers need to be improved. One of the latest additions to upheld a positive posture and vibe during desk work is the sit and stand desk. a Sit-Stand desk, is an ideal piece of furniture and ergonomic solution for your office or home setup. This new table enables you to alternate between postures more frequently throughout the day and to be more aware of your behavior during the tasks that you partake on the computer.

Besides switching seated and standing up desk work, also ensure that your screens are at a good height which is at eye level, not too low and not too high. And when you are utilizing the mouse and keyboard repeatedly, it is recommended to start working on a ergonomic shaped keyboard and vertical mouse to release muscle tension and tendon stress. Additional support can be aided for example for wrists or arms by applying a wrist rest support or arm rest support. These add on amenities are not costly and can make a difference.

Start today with making desk and lifestyle changes, move more, take frequent small brakes and doing a good amount of exercises help you feel more fit and happy.

ABOUT SPIRE:

Spire, founded in 1998 in The Netherlands, is a creator and global supplier of computing solutions and ergonomic desk peripherals for the personal and office environments. With its manufacturing plant in Shenzhen, China. Branch locations in Japan and Brazil. Offering a wide range of components and accessories for the IT and computing industry.

ERGONIMIC PRODUCTS URL:

<https://www.spire-corp.com/ergonomics/>

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