

ERGONOMIC WELLNESS

Resource Guide

1. **Ergonomic Guidelines:** Explore OSHA's Ergonomic Solutions for tips on setting up workspaces to prevent strain and injury.
2. **Mindfulness Apps:** Apps like Headspace or Calm offer guided mindfulness exercises to reduce stress and improve focus.
3. **Books:** "The Mindful Athlete" by George Mumford combines mindfulness with physical well-being, offering insights into maintaining a healthy body and mind.
4. **Steadfast Fitness Performance:** Wellness, coaching, training
<https://steadfastfp.com/corporate-2/>

Activities:

1. **Desk Yoga:** Incorporate simple stretches and yoga poses that can be done at a desk to relieve tension and improve posture.
2. **Walking Meetings:** Replace traditional meetings with walking ones to encourage movement and creativity.
3. **Mindful Movement Workshops:** Host sessions that combine ergonomic principles with mindfulness techniques, such as body scanning or mindful breathing.
4. **Step Challenges:** Encourage participants to track their steps and aim for daily movement goals.
5. **Stretch Breaks:** Schedule short, guided stretching sessions throughout the day to promote healthy movement patterns.

Articles:

1. **The Benefits of Ergonomics in All Workplaces:** This article explores how ergonomic principles can enhance productivity, comfort, and long-term health across various work environments, from offices to warehouses. [The Benefits of Ergonomics in All Workplaces | Health Discovery](#)
2. **Workplace Wellness: The Importance of Ergonomic Practices:** This piece highlights the role of ergonomics in improving employee health, reducing stress, and boosting productivity in modern workplaces. [Workplace Wellness: The Importance of Ergonomic Practices | Corporate Wellness | Employee Well-Being](#)
3. **How Does Ergonomics Impact Employee Health and Wellness?:** This article delves into the connection between ergonomics and overall well-being, discussing how proper workspace design can prevent injuries and promote mental health. [How does ergonomics impact employee health and wellness? | Simple But Needed](#)