

FIND YOUR FIFTEEN FOR COMFORT WHILE WORKING FROM HOME

How to take 15 minutes to improve your muscle and joint comfort



Change Positions Often

If you feel discomfort, it could mean your body needs to move. A quick stand can help “reset” if you’ve been sitting for awhile.



Make a Double Chin

Pull your shoulders back and make a double chin to relieve pain from looking down at your devices. Hold for 5 seconds, then relax. Repeat every 1-2 hours.



Relax Your Muscles

Take a moment to notice which areas of your body are tense, like your neck or shoulders. Take 3 deep breaths and relax those areas of your body.



Eat Nutritious Foods

Add more fruits, veggies, and omega-3 rich foods into your daily diet to maintain a healthy weight, which directly relieves pressure on your joints.



Set a Sleep Schedule

Studies show that lack of sleep causes you to feel more pain. Avoid chronic pain by sleeping 6-8 hours each night.

Share how you find your fifteen minutes for comfort and tag [#HingeHealthy](#)

