Hinge Health

# 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.

To learn more call (855) 902-2777, or apply at:

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