



Simple Home Exercises

Exercise Regularly



A Small Towel Roll at your back to avoid back strain while sitting and working





Neck Stretch



Chest Opener Stretch





TIPS TO PREVENT DIGITAL STRAIN

TAKE A
20
SECOND BREAK

EVERY
20
MINUTES

LOOK AT SOMETHING
20
FEET AWAY



Stay Healthy, Stay Productive

Connect on reenav@godrej.com for weekly ergonomic tips

Dr. Reena Valecha, OT

Principal Ergonomic Consultant

Thankyou

