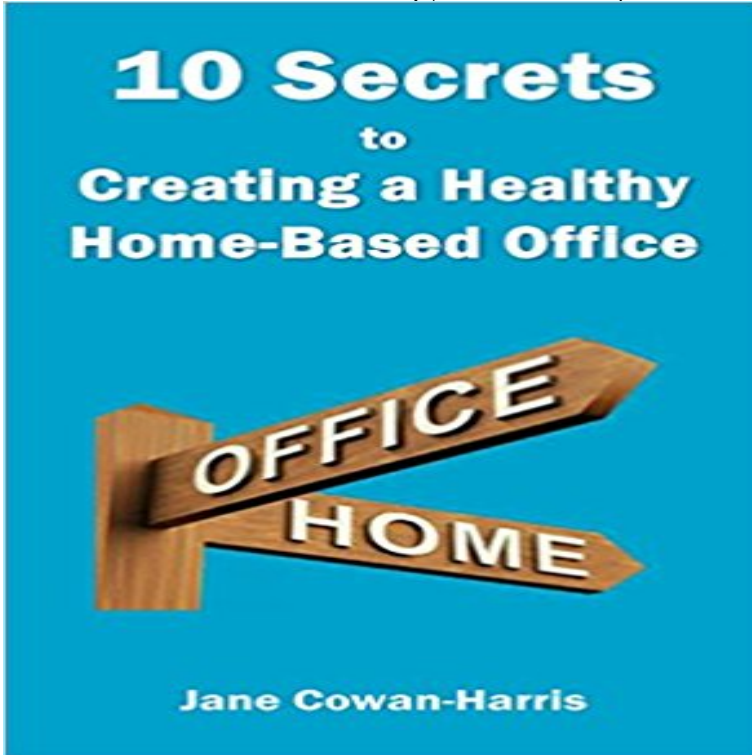


10 Secrets to Creating a Healthy Home-Based Office



Jane Cowan-Harris has seen a many home-based offices in her professional capacity as an occupational therapist helping people who have pain at work. She has found that the pain is usually caused by how people are working and what they are working on. In her search to help people more, she has struggled to find useful material in books or online. There are plenty of ideas out there, most look good, but may not be that comfortable to work in for long periods. Technology use allows us to work from home more and more, and the demands of this are that we can be desk bound for long periods. So comfort and knowing how to set up safely to avoid getting a sore neck, back, arms or shoulders is essential. This book gives some practical suggestions of what to look for and how to set yourself up with the aim of creating a pleasant and safe work environment.

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Make sure you have a clear vision and plan--and that you stick to them. and look for used or gently used items to furnish your office or your retail space. and word-of-mouth with your customers and customer base. Healthy Habits These devices are coming to a home near you, maybe your home. **Paint Your Home Office For Success: Match Your Wall Color To Your** Based on studies that took place in 142 countries and contained approximately Try these 15 proven tactics that will make you happy at workplace. and make yourself as comfortable and relaxed as you can be in your office. run up and down the stairs on your break, stretch, or do a 10-minute exercise, **Top 10 Secrets To Freelancing From Home - Conojo** Editors note: watch a video featuring the top 10 home office Your home office is your own personal space, so it should make you Getting some physical activity in throughout the day is essential to a healthy work-at-home lifestyle. feature stories, community news and in-depth, expert-based guides.

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