Posturite
Because Health Matters

A day in the life of an agile worker

Agile workers have greater freedom to work where, when, and how they like. This means that every day can be different as you change position, equipment and environment according to the tasks you need to complete.

All agile working days are different, but one could look a little like this…

7:00
Wake up, get ready, walk the dog
Exercise is great for productivity. Try to squeeze a walk, jog, or workout into your routine for the best start to the day.

8:00
Breakfast, check emails
Sit down to a healthy breakfast at your kitchen table while swiping through emails on your tablet and jotting down your to-do list for the day.

8:30
Get stuck into a writing task
For this task you'll be doing a lot of typing. It's best to move to your home office, where you have a sit-stand desk, dual monitors on adjustable monitor arms, and an ergonomic chair.

9:30
Get moving
You've been so absorbed in your work that you haven't moved for an hour! Find an excuse to get moving - make tea, put some laundry on, or make your next phone call standing up.

11:00
Go to your local coffee shop
You've been in the zone all morning. It's time to work on something else. Your next task involves reading printouts and making annotations. Stretch your legs for 5 minutes and enjoy the change of scene at your local coffee shop.

12:00
Stand at your desk
You need to finish that writing task so you head back to your desk at home. To keep your motivation up, you adjust your desk to standing height and switch between sitting to standing every 20 minutes.

13:30
Active lunch break
It's lunchtime, but instead of sitting hunched over your desk with a sandwich, you go out for a walk. Perhaps you run some errands, or take a look around the shops before sitting down to eat.

14:15
Cycle to the office
You've got some meetings this afternoon so you hop on your bike with your ergonomic laptop backpack and cycle to the office.

14:30
Find a hot-desk
You set up your laptop with a laptop stand and detachable mouse and keyboard to start working and planning for your meetings.

15:30
Standing or walking meeting
As this meeting is an informal catch-up, you suggest everyone stands up or goes for a short wander. This not only breaks the ice but gets ideas flowing as the endorphins kick in.

16:30
Collaboration in a break-out space
You're working with a colleague on a joint project and you need to present your research to each other. You move to a break-out space and connect your laptop to a large monitor so you don't need to hunch or squint to see the screen.

17:30
Cycle home
After you've updated your day's to-do list and finished up any last emails, you sign off for the day.

Even though your work requires you to be stationary, you've still managed to stay consistently active throughout the day by frequently changing your environment and posture.

This will help you:

- Reduce risk of coronary heart disease
- Prevent musculoskeletal problems
- Reduce blood pressure
- Reduce high cholesterol
- Improve mental health
- Concentrate for longer
- Be more productive
- Get a better sleep

Find out more and get the right equipment for agile working at posturite.co.uk/agile-working

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