



## Deep seated fears

Since New Zealand doctors coined the term 'eThrombosis' to describe the fatal condition of a 32-year-old man who suffered a pulmonary embolism after logging 18-hour shifts at his computer, a lot of sedentary workers have sat up – nay, stood up – and taken notice. Judy Brooks, a principal with the Vancouver workplace wellness firm, BodyLogic Health Management, says it's absolutely imperative that desk jockies bust some moves before they blow a gasket. "There are two ways you can go about incorporating dedicated movement into your workday," says Brooks. "Rearrange your office so that you have to get up from your chair to do certain things – like file a folder, reach the printer, take a call – or set a timer so that you are reminded every hour to move about for two to five minutes."

Of course there are tons of books on the market to tell you what to do during these stress breaks – *Office Wellness*, *Office Yoga*, *Office Spa* – but Brooks says we're not talking jumping jacks here. "It needn't be huge movement; just a stroll to the water cooler and back." Although, we notice on the BodyLogic website [backlogic.com](http://backlogic.com) that a three-panel exercise mat is for sale that looks like it could be crammed into most cubicles. □