

a few notes

Topic: Stretching



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

A large portion of us have been working from home for a few months. Right now, as you sit at your computer, you are doing one of the worst things you can do to your body -- you're sitting still for long periods of time. And according to WebMd.com, not only does sitting for long periods of time affect us, but the way you sit -- and type, and hold the phone -- may be wreaking havoc on your bones, joints, and muscles. The solution---try stretching at your desk -- or anywhere else -- your body will thank you.

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