

Pregnancy in the Work Place

- Sitting correctly using the whole seat with the back supported.
- Do not cross legs.
- Sit close to the desk, until this is not possible. Bring the keyboard closer to the edge of the desk as the need to move back away from the desk increases.
- Use a small stool to elevate the feet in the later stages.
- Circle and stretch the ankles to improve circulation, at regular intervals.
- Get up once an hour, stretch and take two deep breaths.
- Drink about two litres of water a day.
- Leave the desk at lunchtime, and walk around for ten minutes, then rest with legs up for twenty minutes (away from the desk).
- Wear a good supportive bra; this prevents stooping, leading to neck and shoulder pain.



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