

A Simple Guide to Working From Home

Have a Primary Workspace

This is where you will spend the majority of your time for work. Set it up well and remove any clutter or distractions.



Setting up your Monitor

Find a comfortable monitor height for you. Your eyes should be level with somewhere between the top of your monitor and half way down the screen. This is different for everyone!



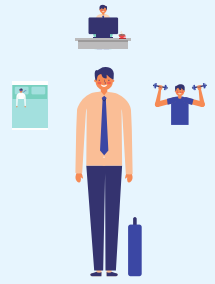
Move Your Body

Make sure you find time in every day to move your body. Try finding some new ways to exercise or just go for a short walk around the block. Check out the Beyond website for some free resources and home workouts!



Keep a Routine

- Get up at the same every day and get dressed like you're heading to work.
- Set aside some time to exercise.
- Schedule time for work, breaks and leisure. Stick to it!



Setting up your Keyboard

Use a separate keyboard to your device where able.

- When typing: Center the typing surface. Belly button should be level with your "g" and "h" keys.
- When using the mouse move your keyboard out of the way.



Move around as you Work

Take a break from your desk every now and then. Work at the kitchen bench or at the coffee table if you feel the need to switch it up.



We're still here to help!

The team at Beyond are still dedicated to helping you move through life! If you have any questions about your desk set up, exercises or are experiencing any aches or pains get in touch with our Team!

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