



## TERMINAL FITNESS

**A**merican adults can spend 2-12 hours in front of a computer each day. Whether the draw is Web surfing or work, an ergonomic workstation can help you avoid eyestrain and common overuse injuries. Give your workstation a once-over with this checklist.

### Indoor Allergens Room by Room

If you have allergies or asthma, every room in your home may contain allergens – substances that trigger allergic symptoms. Here's how to clear the air as the season moves you indoors more:

**House dust** – It accumulates even in the cleanest home and its allergenic components, such as dust mites, trigger symptoms year-round. *Tips:* Keep your mattress, box springs and pillows in allergen-proof zippered covers. Use a vacuum with a HEPA filter or double bag. Removing carpeting and heavy window coverings can reduce dust, too.

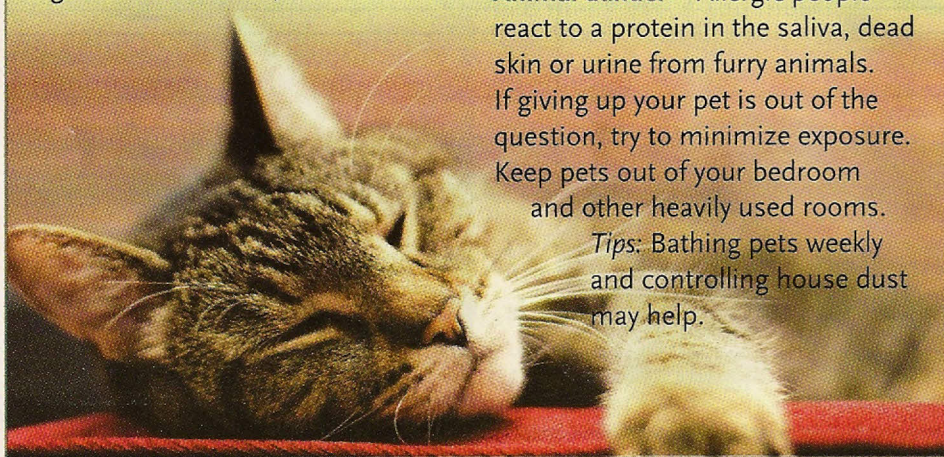
### MONITOR:

- ✓ Clean your screen.
- ✓ Adjust brightness and contrast to comfort.
- ✓ Position 20-26 inches directly in front of you.
- ✓ Keep the top of the monitor at eye level when you're seated.
- ✓ Tilt the screen back 10-20 degrees.

**Cockroaches** – Roaches are a leading asthma trigger; children are especially vulnerable. *Tips:* Keep your home clean and dry. Fix water leaks and keep food and garbage containers sealed. Clean your kitchen regularly and thoroughly. In some regions, professional extermination may be required.

**Indoor mold** – Mold releases spores that trigger allergy symptoms and grow easily in damp, humid environments. *Tips:* Fix roof and pipe leaks. Do not use damp areas for storage. Keep all rooms ventilated, especially kitchens, bathrooms and basements. Run fans in bathrooms after showering.

**Animal dander** – Allergic people react to a protein in the saliva, dead skin or urine from furry animals. If giving up your pet is out of the question, try to minimize exposure. Keep pets out of your bedroom and other heavily used rooms. *Tips:* Bathing pets weekly and controlling house dust may help.



### CHAIR:

- ✓ Adjust your chair's backrest height to support your lower back.
- ✓ Keep feet flat on the floor.
- ✓ Avoid slouching on armrests.
- ✓ Avoid sitting still for long periods – get up periodically and move around.

### KEYBOARD AND MOUSE:

- ✓ Adjust keyboard so shoulders can relax.
- ✓ Keep keyboard and mouse close so you don't need to reach for it.
- ✓ When keyboarding, keep forearms parallel to the floor and wrists in a neutral position.
- ✓ Place your mouse next to the keyboard and at the same height as the keyboard.
- ✓ Avoid resting your hand on your mouse when you're not using it.

### LIGHTING:

- ✓ Close drapes and blinds to reduce glare.
- ✓ Place monitor at a 90° angle to windows.
- ✓ Reduce overhead lighting.
- ✓ Use a glare screen on your monitor.

**Tip:** Blink your eyes often to keep them from drying out; shift your vision away from your screen frequently to reduce eye muscle fatigue. Periodically stretch your wrists, shoulders and back. During breaks, walk briskly to increase your circulation.

