

TRIED+TESTED

SMARTPHONES

SLOW COOKERS

LUNCH BOXES

# GOOD HOUSEKEEPING



SPECIAL  
*How to do*  
**EVERYTHING  
BETTER**  
*Issue*

HOW TO

*Make a Healthy*  
**DELICIOUS  
DINNER**  
*in 20 MINS  
OR LESS*

*how to* **EASE  
ANXIETY  
WITHOUT  
DRUGS**

*how to* **LIVE  
LARGE in  
a SMALL  
SPACE**

*how to*  
**SLIM  
DOWN  
FAST!**  
**DR. OZ'S  
NO-DIET PLAN**

**BONUS**  
TOP-TESTED  
**BEAUTY  
AWARDS**  
*flip over*



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how to

# MAKE OVER YOUR WORK LIFE

It may sound bonkers, but a day at the office can actually be a lot like a day at a wellness center—if you follow this expert advice

BY LISA WHITMORE

YOUR BODY  
→ wellness

From Our  
Technology  
Lab

how to

## TRANSFORM YOUR OFFICE

Turn your workstation into an ergonomic sensation with GH pointers and tried-and-tested products



### STANDING DESK

With a desk that switches between standing and sitting heights, you can be active without staying on your feet all day. (Too much standing could

cause leg and foot swelling and varicose veins.) Wear comfy shoes with a low or flat heel and lots of arch support, and stand on a cushioned mat, says Rob Danoff, D.O., of the American Osteopathic Association. Stand up straight, too.

**LAB PICKS:** The adjustable Humanscale QuickStand (\$949, humanscale.com; *shown*) can be clamped onto any freestanding desk. For a stand-alone setup, try the Rebel Crank-Up 1000 (\$599, rebeldes.com), which has a charging station and organizing trays.

### FLEXIBLE SEAT

To ward off eyestrain and back pain, you need a seat that easily glides up and down (so you can position your gaze just right) and that contours to your butt and back, improving your posture. Skip the exercise ball; it does little or nothing to help you sit up straight.

**LAB PICK:** The Humanscale Diffrient Smart Chair (\$1,080, humanscale.com) features a unique weight-sensitive recline and an adaptable mesh backrest.

