

SHAPE
YOUR
LIFE

"HOW
I FOUND
MY HAPPY
WEIGHT"

p. 40

live healthy news



Take frequent typing breaks to prevent pain

WHY YOUR DESK IS GIVING YOU A HEADACHE

➤ Before you reach for a pill to ease a pounding head, check your posture. "Women tend to slump when they're typing," says Todd Sinett, a chiropractor in New York City and the author of *The Truth About Back Pain*. "In this position, holding up your head, which weighs up to 10 pounds, can strain your neck and lead to a tension headache."

To ensure you're not being a slouch, sit back in your chair, says Sinett. "Every few minutes, shift your weight from side to side." A lumbar pillow, such as those made by HoMedies (\$20; homedies.com), or a garment, like Gaiam's Cincher Back Support (\$60; gaiam.com), can keep your spine in line. Or try the Visomate (\$26; usb.brandoo.com.hk). This gadget uses a sensor to detect the distance between your head and the computer. If you lean in too closely, the device beeps or flashes.

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