

Microlearning Videos

- [Sitting Posture](#)
- [Viewing Posture](#)
- [Typing and Mousing Posture](#)

Home Workstation Set up

- [Laptop vs. Desktop Set-Up](#)
- [Dining Room](#)
- [Kitchen Counter](#)
- [Bedroom/Couch](#)

Stretch Break Resources and Software

- [ZOT Stretches](#)
- [Break Timer](#) - Free Google Chrome browser extension
- [Micro Breaks](#) - Free Google Chrome browser extension
- [Stand Up!](#) - Free Apple App

Office Moves

- [Prevent Injuries During an Office Move](#)
- [Office Moves Tips](#)