**Access and Success**

**Physical Strategies to Support Online Learning**

When learning remotely or online, movement isn’t built into your routine like it is when learning face-to-face in different classrooms throughout the day. This means it’s important to cultivate mindfulness of your physical position and movement.

Use these strategies to set up your physical space and keep your body and mind functioning at their best.

**TAKE CARE OF YOUR EYES:**



**SET UP YOUR WORK STATION:**

**KEEP MOVING:**

*Try a 30 minute interval cycle, transitioning between sitting (20 min), standing (8 min), and moving (2 min)*

*Minimally, move and stretch for at least 5 minutes every hour. This will increase physical health and cognitive function!*

*When using a laptop, try to identify desk space where you can maintain these conditions*

*Computer screen should be arm’s length away*

*Top of screen should be at or just below eye level*

*If needed, use a footrest to ensure feet are flat — this helps to stabilize you in your seat*

*If possible, keep space under desk clear so your legs have space*

*If possible, adjust height so feet can rest flat on the floor*

*Use arm rests if available to remove tension in shoulders and keep wrists parallel with floor*

If possible, position your computer screen to the side of exterior lights, not in front of windows

If you can adjust your lighting, turn off fluorescents, and try to use warmer lamps or natural light

Consider that the light you see in office settings is typically much brighter than what you need from ambient light in a personal work setting

**CAUTION***:* **Recliners, couches and beds may be tempting given perceived comfort, but your body & mind will focus better with proper ergonomic position**

Give yourself a gap between computer time and bedtime; your body needs space from the screen’s light to create melatonin and hit its sleep rhythm



*Use the 20-20-20 rule: every 20 minutes, look at something at least 20 feet away*

*for at least 20 seconds*



Does your screen look dull and gray? It may be too dark

Reduce color temperature of your display to reduce eye strain

Blink more often and look up some simple eye exercises online

**References**



Adjust display settings so brightness of screen matches surrounding environment

Text contrast works best as black print on white background

Does your screen look like a light source? It’s too bright

Bergouignan,et al.(2016). Effect of frequent interruptions of prolonged sitting on self-perceived levels of energy, mood, food cravings and cognitive function. *International Journal of Behavioral Nutrition and Physical Activity:13:113*

Hedge, A. (n.d.). *Hedge’s 3 S’s ideal work pattern.* [http://ergo.human.cornell.edu/hedges3Ss.JPG.](http://ergo.human.cornell.edu/hedges3Ss.JPG) Accessed March 20, 2020. Heiting, G. and Wan, L. (2019, June). *Computer eye strain: 10 steps for relief.* https:/[/w](http://www.allaboutvision.com/cvs/irritated.htm)w[w.allaboutvision.com/cvs/irritated.htm.](http://www.allaboutvision.com/cvs/irritated.htm)

Mayo Clinic (2019, April 27). *Office ergonomics: Your how-to guide.* https:/[/w](http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169)w[w.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169.](http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169)