

# Maintaining a Healthy Lifestyle While Working from Home During the COVID Pandemic

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The COVID-19 pandemic has impacted everyone and one of the biggest impacts is that people are spending more time at home than they were in the past. In addition to working from home, many people are also binge-watching TV shows and spending more time on the computer. This means that many individuals are spending a tremendous amount of time in a seated position all day. ***The downside is that spending so much in a seated position can actually lead to body stiffness and lower back pain.*** The vast majority of people will experience back pain at some point in their life. To avoid this, it is critical to highlight the importance of good posture. For those looking to manage lower back pain, there are a few tips to keep in mind.

## Limit the Amount of Time Spent in Bed

The bed is one of the most comfortable places in the home; however, individuals who want to alleviate their back pain should try to avoid laying or sitting in bed for long periods of time. The bed leads to poor posture for sitting, which can lead to muscle stiffness. Furthermore, this can also lead to muscle loss because people aren't using the muscles in their back when they lay in bed. At night, it is important to use a proper pillow, as this will improve posture for sleeping.

## Stay Active

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When people are suffering from back pain, the last thing on their mind is exercise; however, physical activity using a healthy posture is important for managing back pain. At a minimum, this means stretching, standing, and walking using improved posture for back pain. Try to stand upright with the shoulders back. Those who want to improve their back pain quickly should try to maintain aerobic activity with a jump rope, dancing, and even jogging.

## Stretching and Yoga

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One of the most important activities when it comes to improved posture for neck pain and back pain involves stretching. ***Stretching is critical for managing back pain because this improves the flexibility, strength, and range of motion of muscles, ligaments, and tendons in the back.*** In addition, yoga will take people through various types of postures and poses, helping to not only increase muscle strength but also flexibility. These benefits make yoga and stretching important for individuals suffering from back pain.

## Think About Diet

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Many people overlook the importance of diet; however, this plays a role in back pain. It is important to eat a healthy diet that will prevent people from gaining weight. ***Excess weight around the abdomen can weigh down the back, causing people to hunch over. This can lead to shoulder pain, neck pain, and back pain.*** Therefore, think about eating a healthy diet that will keep people at a healthy weight.

## Visit a Chiropractor Today

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Anyone who is suffering from back pain should visit Advanced Health Chiropractic in Troy, MI to learn more about chiropractic care for back pain. A chiropractor specializes in manual therapy, helping those who suffer from musculoskeletal discomfort without causing the development of side effects and complications. Call us today to make an appointment!