**Health Tips for Full Time Bloggers**

When your blog starts going well, you might decide it’s time to give up the day job and go ‘full time’. This is an excellent feeling and a great moment – all of a sudden you’re able to enjoy true financial freedom and passive income and you’ll never have to make a busy commute into work at 7am again!

But at the same time, blogging full time also comes with a few drawbacks. Chief among these is the simple fact that it’s not terribly healthy. When you blog full time, you’ll be spending most of your day sitting in front of the computer *at home* and staring at a screen. This has consequences – so read on to find out how to avoid the most severe of those…

**Exercise and Stretch**

Sitting is incredibly bad for you. Not only does it mean your heart is at a complete rest, which can cause it to atrophy but it also means that you’ll be in the same position for long periods of time shortening your quadriceps, loosening your hamstrings and hunching over. Back ache and poor mobility are almost guaranteed if you aren’t careful.

The best tonic for these problems is to exercise daily and to stretch daily too. Ideally, do this just after you wake up and that way you’ll be able to freshen yourself up for the day and enjoy feeling more focused for the remaining hours.

Also important is to get up and walk around during your work sessions. Take ten minute breaks and use them to get some movement and some fresh air!

**Your Work Environment**

Another big problem for bloggers is that their work environment happens to be the same as their resting environment. For some people this can mean *never leaving the house* which is a surefire way to get poor sleep and cabin fever. It also means you’re taking no steps.

So when working out, make sure you’re working out *at the gym*. And at the same time, consider working somewhere other than your home. You can get fresh air, social interaction and great beverages if you work in a coffee shop instead. Another good option is to work in a public library.

**Stress**

Finally, make sure you are managing your work/life balance. As a blogger you are always working and never working. Be disciplined to maintain a separation between your working hours and your resting hours.