

 Defeat  
the desk!

## Work can be a real pain in the neck!

Desk work shouldn't pose physical risks.

But sitting for long periods - combined with bad posture caused by incorrectly adjusted chairs and desks - can trigger real problems. In fact, lower back pain affects 70% of people at some point. Neck pain is also a widespread problem.

So how do you defeat the desk? The Workplace Fitness Challenge has 4 smart strategies...

### 1 SIT SMART

Putting it bluntly, you should sit tall on the bony section of your bum. Keep your back straight, hold your shoulders back and maintain your head in a natural position neither looking up or down too much. Doing so may feel odd at first, but after a few days, it'll become second nature.



### 2 GET MOBILE

Being mobile for just an extra 10 minutes' a day can:

- > improve the range of motion that your joints and muscles are capable of
- > help improve your posture
- > ease everyday aches and pains
- > improve your general body awareness.

#### Walking

It's the easiest way to get mobile - and a regular 1-2 mile walk during and after the 6 week Workplace Fitness Challenge will definitely make muscles and joints feel more supple.

#### Exercise Bands

To relieve overused muscles and strengthen underused ones, use exercise bands daily for 10 minutes per day and follow the Workplace Fitness Challenge programmes.

#### Stretching

A 5-10 minute stretching routine increases flexibility and guards against potential injuries. Doing this during and after the 6 week Challenge will help reduce the risk of workplace-related injuries.



### 3 INTEGRATE WITH OTHER EXERCISE

These mobility exercises are also very useful if you're warming up or down or during rest periods when you're exercising more vigorously.

### 4 KEEP GOING

Anyone can benefit from mobility exercise at any time of life - but the secret to success is consistency. So aim to train for 10 minutes a day, everyday, over 6 weeks of the Workplace Fitness Challenge and beyond.

You may feel a bit stiff at the start - but it'll be worth it!

Best regards,

The Workplace Fitness Challenge Team

 Workplace  
**FITNESS**  
Challenge