



Posture Alignment Workshops

Length: 1hr; 4 -10 week program.

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Poor posture is common in the workplace, often caused by poor ergonomics, excessive technology use, holding the same position over sustained periods, lack of energy, improper breathing habits, leaning on one leg, cradle the phone with shoulder and chin, stress and general self esteem. Over time, these habits can lead to poor postures.

Typical posture misalignment in the workplace includes hunched back, text neck, poking chin posture, rounded shoulders or the nerd neck/forward neck posture. Correcting these issues now may help prevent musculoskeletal disorders such as postural dysfunction, respiratory problems, upper and lower limb disorders, migraines and joint degeneration.

This session seeks to correct posture misalignment, and share helpful habits for improved long term musculoskeletal health.

Content includes:

- Posture strengthening exercises
- Neck & Shoulder exercises
- Lifestyle habits & actionable tips to improve workplace postures

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.