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POSTURE POWER SESSION

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Ergonomic furniture is just the first step in preventing work-related musculoskeletal disorders (MSDs) like back, shoulder and wrist pain.
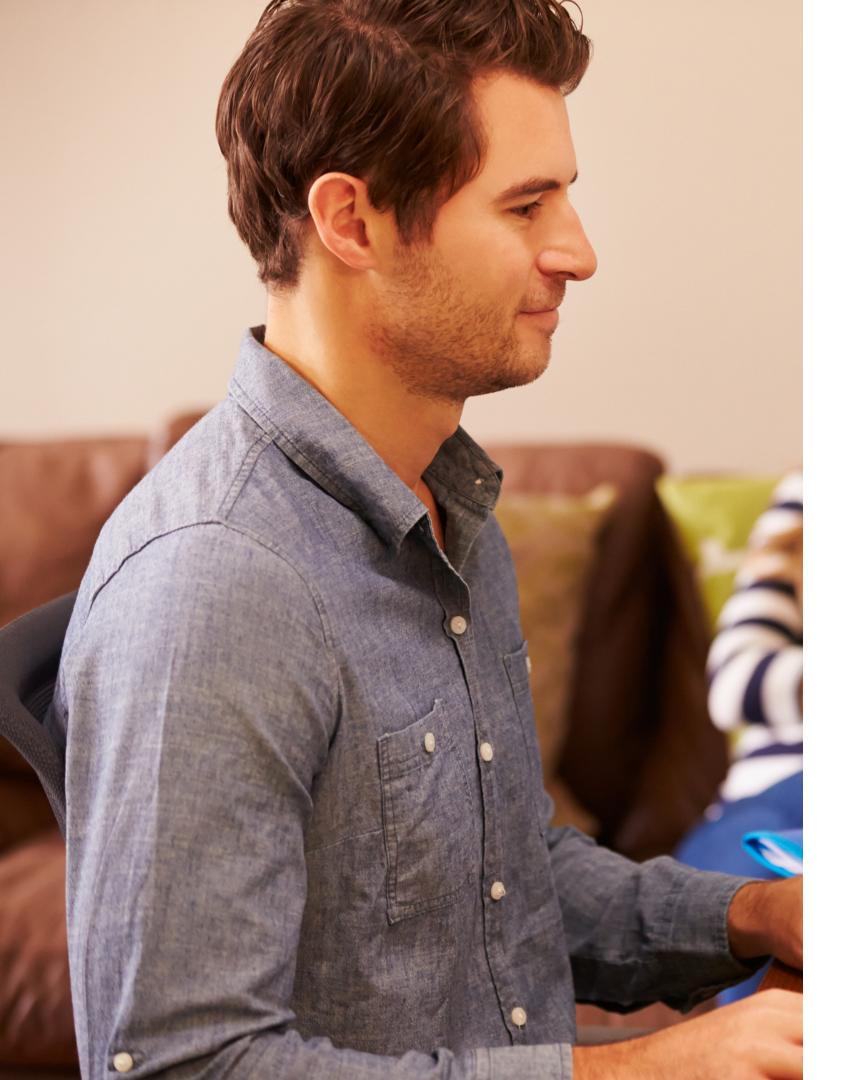
Whether your employees are sitting or standing, extended time in the same position can take a toll on their bodies. And even the best desk can't combat the health conditions caused by all of this immobility.
In addition to MSDs, excessive sitting is linked to greater risks of obesity, high blood pressure, high cholesterol and heart disease.

To prevent pain and chronic conditions—and to maximize your ergonomics program – your employees need to understand how posture and movement are key to their health.

In just 1-hour, your team will know how to:
- Work in good posture to reduce their chances of developing musculoskeletal disorders like back pain – the leading cause of disability globally
- Do simple, yet powerful ergo break exercises to help prevent chronic conditions linked to excessive sitting and standing

Content:
- The causes of poor posture so they can avoid them
- Common posture problems or deviations so they can recognize them
- What good posture looks like – and how our screen-filled lifestyles work against it
- The right way to work at their desks
- How to text on their mobile phones without developing neck pain

Exercise

Your team will learn:
- How ergo exercise breaks taken multiple times a day can prevent pain and musculoskeletal disorders. Studies show that just 10 minutes of active movement, several times a day, can reduce MSDs and stress.
- How to do 5 to 10 simple, targeted posture exercises that can be done at their workstations or desks.

This workshop is perfect for your business if you:
- Invested in ergonomic solutions, but are still seeing posture-related pain and musculoskeletal disorders among your employees
- Have a remote workforce working at non-ergonomic workspaces
- Have employees who commute or travel long distances
- Want to reinforce your company's commitment to a culture of well-being
- Want a fun virtual activity to engage your team

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