



Posture hacks for working without pain at your desk

Length: 1 hour

Delivery Mode: Virtual Presentation

Details:

Long working days are taking their toll on your employees. The purpose of this session is to provide quick and easy posture fixes that don't require any equipment or long sessions away from the desk.

These simple exercises can be taken whilst seated (on a Teams call for example) or in standing, and help add movement and stretching into the working day.

This session covers:

- How to sit well
- Simple stretches to un-desk yourself
- Typing without the aches
- Taking breaks and moving
- Quick and easy no-effort exercises for better posture at work

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.