

POSTURE ALIGNMENT WORKSHOP

INTRODUCTION:

Good posture is essential for maintaining good health and preventing injuries.

In this workshop, we will cover the importance of proper posture alignment and techniques for maintaining good posture in the workplace.

Content Outline:

- The benefits of good posture, including reduced risk of injuries and improved overall health and well-being
- How poor posture can lead to musculoskeletal issues and chronic pain
- Techniques for improving posture, including exercises and stretching
- Tips for maintaining good posture in the workplace, including ergonomic adjustments to workstations

Practical exercises:

- Participants will be led through a series of stretches and exercises to improve posture alignment
- Each participant will also have the opportunity to assess and make ergonomic adjustments to their own workstation

Conclusion:

By the end of the workshop, participants will have a better understanding of the importance of good posture and techniques for maintaining proper alignment. They will also learn how implementing these techniques can lead to improved overall health and well-being, as well as reduced risk of injuries and musculoskeletal issues.

By making ergonomic adjustments to their workstations and incorporating exercises and stretches into their daily routines, they can improve their posture and maintain good alignment in the workplace.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

