



Workplace Exercises- In the workplace; sitting is part of the job description; however the body wasn't designed to sit- it was designed to move. Being in one position for longer than 30 min, without constant postural correction or movement, will lead to muscular imbalances and lead to injury. The following exercises will help you to reduce the effects of prolonged sitting and improve posture at the same time and will ultimately lead to increased productivity and less pain and discomfort.

Testing



Mid Thoracic Test- Position 1- keep arms straight.



Mid Thoracic Test- Position 2- raise arms up overhead.

Upper Back Stretching



Eagle Stretch- Position 1



Eagle Stretch- Position 2: Once arms are interlocked push forearms together.

Seated Posture Stretching Exercise



Seated Cobra with posture stick. Sitting on a chair. Drop stick along back of shoulders. Tuck your chin in Lift chest to ceiling. Relax hands on stick.



Seated Cobra with posture stick. Hold for as long as time permits. 60 seconds is min.



Seated Cobra: Sitting on a chair with arms at 45°. Gently squeeze shoulder blades down to ribs. Pull naval to spine.



Seated Cobra-

Chest and Calf Stretching



Chest & arm- along wall. Feet parallel to wall.



Chest and Calf - push forearm on corner of the wall.



Chest and Calf Stretch- Push back heel into the floor.

Move more as your body will love you for it!

TIP: Core Strength-
We all need more movement, but to facilitate better movement our bodies need a good foundation of core strength, flexibility and be in good working order to allow for better, safe movement. We need better body balance to work against compensation and bad posture through the working day so not to cause injury or create postural problems and make existing ones worse.

Seated Posture Strengthening Exercise

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