

Posture Hacks Handout *[keep at your desk for a reminder to take those micro-breaks!]*

- Reduce optional sitting, move 2 minutes for every 30 minutes at your desk, prioritize position and mechanics when you can, perform 10-15 minutes of daily self maintenance to reduce postural and repetitive stress.
- Remember to take regular breaks, ideally on the hour, every hour. This is a great opportunity to stretch and recharge. You can do basic micro break stretches shown at the beginning of the class. The idea is simple... move!
- Try to increase standing incrementally when possible and make sure to have your ergonomics team evaluate your workstation to avoid repetitive stress injuries

Sample Daily Exercise Routine Movements:

STANDING POSTURE RESET



- Turn your feet out slightly and tuck your chin in.
- Breathe in through your nose to your abdomen.
- Exhale slowly... and at the same time, turn your palms out and raise your chest towards your chin.



BREATHE BETTER

- Begin with hand on chest and abdomen
- Inhale through the nose (4 seconds)
- Exhale out through your mouth (8 seconds)
- Be conscious of your top hand (on chest) to have minimal movement while your abdomen hand expands

HIP HINGE

Use the “Hang 10 Rule” to make sure you keep your back straight and do not round

- Stand with knees slightly bent
- Hinge through your hips as you bend forward, keeping your back straight
- As you return to upright standing posture, hinge through your hips and squeeze glutes



CHEST STRETCH ON THE WALL

- Place your hand against a wall or grab onto a pole, a post or a friendly neighbor and
- Step forward to create a stretch through your chest muscle. Try putting your hand at different heights or a different angles to feel the stretch differently.



WALL ANGEL

- Start with your back against the wall, with your arms at 90 degrees with your elbows and wrists against the wall
 - Slide your arms up and down without letting your low back or your arms come off of the wall.
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PIRIFORMIS STRETCH

- Sit or lie on your back and cross one foot over the opposite knee,
- Pull your ankle towards your chest while you press the same knee away from you to create a twist and a stretch through your hip.

