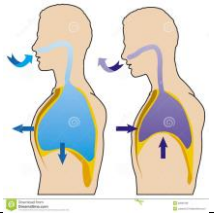


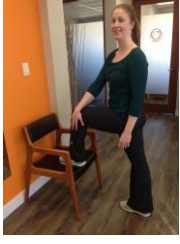



**Posture Break Program**
**2016**

Getting out of a sitting position regularly is important to maintain a healthy spine and limit the stress poor posture can exert on the spine. **STAND UP** every 30-60 minutes. Complete all or a selection of the following:

<b>Deep Breathing</b> <i>10-20 breaths</i>	<ul style="list-style-type: none"> <li>✓ Breathe deeply into your diaphragm</li> <li>✓ Fill your lungs with air and “float your shoulders” while exhaling</li> <li>✓ Soften your sternum/upper chest on the exhale</li> <li>✓ Rotate until you feel a gentle stretch and hold briefly</li> </ul>	
<b>Active Neck Rotation</b> <i>10-15 each side</i>	<ul style="list-style-type: none"> <li>✓ Rotate your neck in both directions with a long spine.</li> <li>✓ DON'T SLOUCH</li> <li>✓ Rotate until you feel a gentle stretch and hold briefly</li> </ul>	
<b>Deep Neck Flexors</b> <i>10-20 chin tucks</i>	<ul style="list-style-type: none"> <li>✓ Sit up tall, imagining a string gently pulling from the top of your head to make your spine long</li> <li>✓ Do a head nod as if to say “Yes,” and tuck your chin without activating the large neck muscles</li> </ul>	
<b>Leg Up Rotation Stretch with Breathing</b> <i>5 breaths and rotate each side</i>	<ul style="list-style-type: none"> <li>✓ Place your foot on a chair to bend the hip to 90 degrees</li> <li>✓ Place opposite side hand on the back of your leg</li> <li>✓ Rotate towards “hip up side” and breathe in as you rotate</li> <li>✓ Exhale as you come back to centre</li> <li>✓ Repeat on both sides</li> </ul>	
<b>Side Bend and Breathing</b> <i>10 breaths each side</i>	<ul style="list-style-type: none"> <li>✓ Reach one arm overhead into a side bend</li> <li>✓ Hold this stretch position, face upwards, and fill the ribcage with air</li> <li>✓ Repeat on both sides</li> </ul>	

When you sit back down...

- ❖ Sit deep into the chair
- ❖ Sink your hips backwards and ensure the lower back is engaged with the backrest
- ❖ Keep your feet flat on the floor and directly under your knees (90 degree bend)
- ❖ Sit with a long spine and relaxed shoulders
- ❖ Every 30-60 minutes, look away from the computer screen to change your visual focus