

Reduce muscle
fatigue and soreness
associated with too
much sitting
Call to register for our
DIY Home Program



CONTACT US

BODY DYNAMICS WELLNESS CENTRE LTD

(868) 470 - 8254
pt.crehab@gmail.com



BODY
DYNAMICS

OUR "SIT" CULTURE

HOW TO RECOVER FROM TOO MUCH
SITTING

ACTIVE SITTING

Sustained postures in conjunction with poor work practices, poor health habits and lack of physical activity can lead to muscle fatigue and compromised health.

Active sitting can relieve some of the stress placed on the body while sitting.

Negative effects of sitting too much

- Swelling in calves
- Neck and Back pain
- Poor breathing technique
- Butt pain (Dead Butt Syndrome)
- Heel pain

To combat these effects, we can decide to **sit less** and **move more**.

Tips on active sitting

- Perform stretches at your desk every 30 minutes (google: computer desk stretches, exercises can be done in 4 minutes)
- Get up and walk regularly, if you cannot move from your desk, march on the spot, raise your heels and toes or straighten out the knees while sitting.
- Stand up while talking on the phone
- Correct your posture regularly when you feel tension in the muscles and take time to do some deep breathing (from the diaphragm and not the chest)

Research has shown that it takes 20 - 30 minutes of walking to reduce swelling in the calves after sitting for 2 hours. So add some walking into your daily routine.

Active sitting at work does not have to be a drastic change to your normal routine. Just small modifications to your seating arrangement at your desk can transform your health for the better.

Listen to your body, it will give you cues when you need to move!



'Where our eyes are focused involuntarily affects our head placement. Likewise, the placement of our heads affects our pelvic placement, lower back alignment and overall posture'

SITTING TIPS

BACK POSTURE

Use proper sitting posture in your work environment. Sit with your back supported (Keep your back in the neutral position—not too curved and not too flat) , feet flat on the floor, and shoulders relaxed. (in sitting rock your pelvis forwards and backward until you find that position where the muscles of the back feel least strained)

TIMING

Avoid sitting in one position for more than half hour at a time. Get up or change positions often.

If you must sit a lot, make it a priority to do stretching exercises.

SUPPORT

If your chair doesn't give enough support, use a small pillow or rolled towel to support your lower back.

HOW TO STAND UP

Keep your back in the neutral position and scoot forward to the edge of the chair. Use your leg muscles to stand up without leaning forward at the waist. Hinge at the hips and push up through the legs