



Tracey Eccleston E-RYT 500 Presents:

STOP & STRETCH SITTING IS KILLING YOU

HOW SITTING KILLING YOU?

- Calorie burning drops down to one per minute
1/3 of walking
- Electrical activity in leg muscles shut down
- Good cholesterol drops by 20% after sitting for two hours
this effects your heart health
- Enzymes that help break down fat drop less 90%
- Bad cholesterol, fatty molecules and insulin resistance increase

SCARY SITTING STATISTICS

- People with sitting jobs are twice as likely to get cardiovascular disease compared to those with standing jobs.
- Obesity rates climb, and the trend continues with obese persons sitting on average 2 hours longer than people with healthy rates.
(2004 study 29% obese, 41% overweight)
- Sitting 6+ hours a day increases the chance of dying within 15 years by 40%

HOW LONG IS TOO LONG?

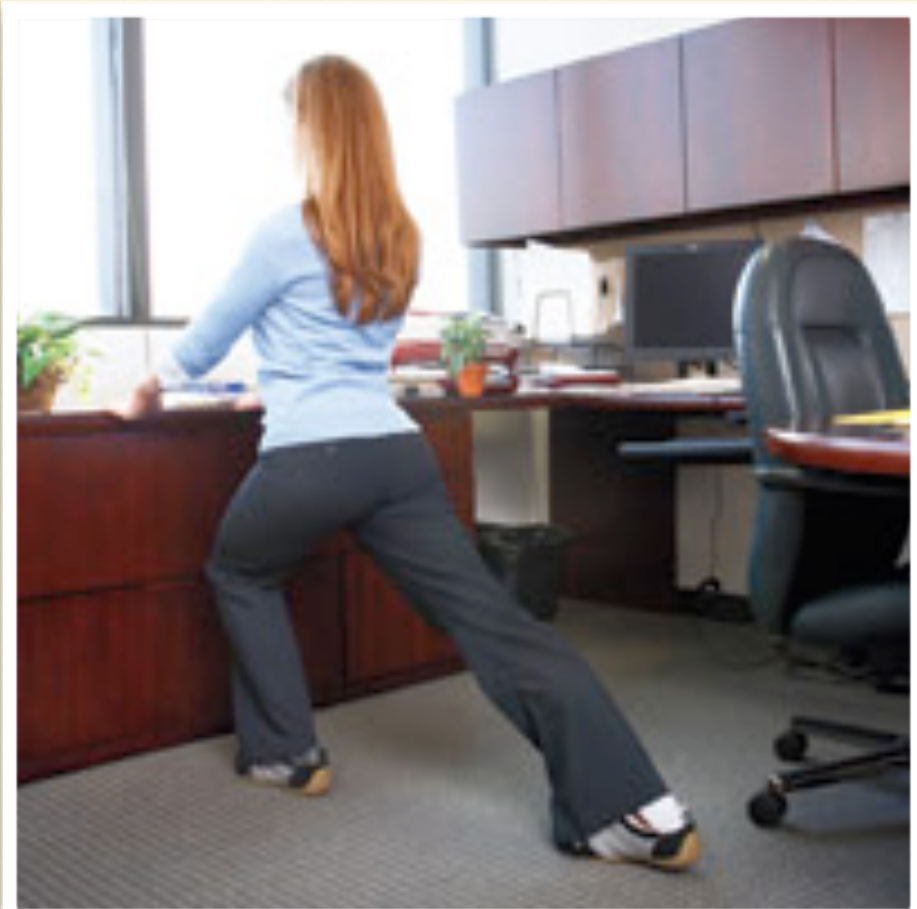


- The longer you sit the higher the risks become
- Stand every half hour
- Move & stretch every hour

SOLUTIONS

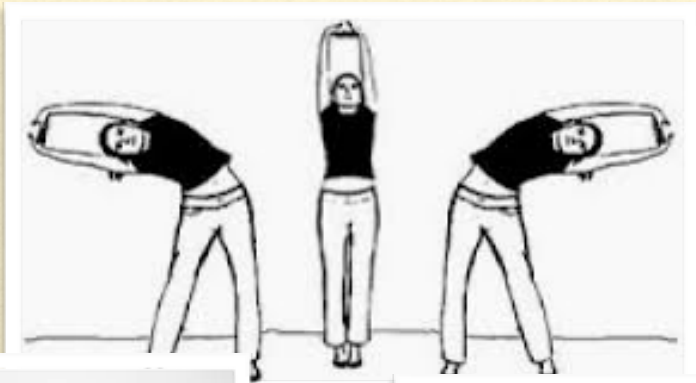
- Set an hourly alarm to remind you to move & stretch
- Walk when you talk on your cell phone
- Stand and/or walk when on a break or lunch
- Take meetings on the move. Go for a walk rather than sit in a boardroom
- Stand up to visit the file cabinet instead of rolling your chair.
- Walk over and talk to a coworker instead of emailing them (when available).
- Take the scenic route to the bathroom instead of the most direct.
- Park near the back of the parking lot.

PLACES TO STRETCH



- Copy machine
 - Break room
 - Washroom
 - At your desk
 - Water Cooler
 - When talking on phone
 - Take the stairs
 - Park your car at the back of the lot
-

STANDING STRETCHES



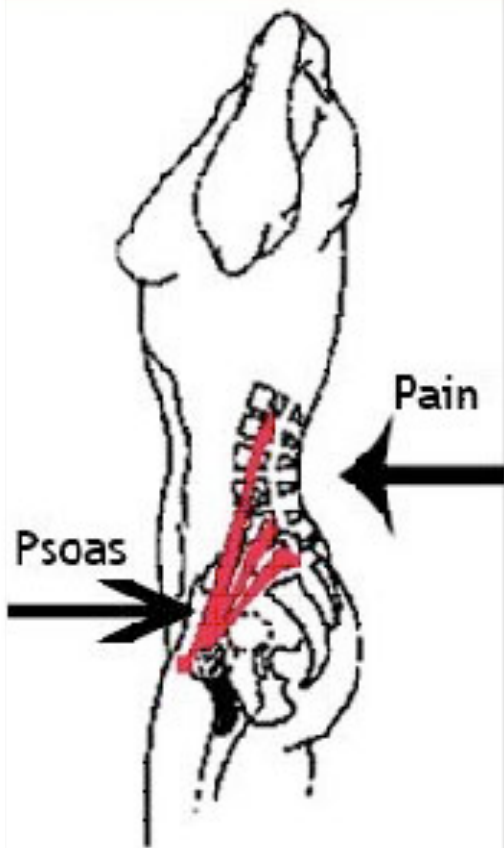
- Reach arms above head and move side to side
- Reach arms behind back to open chest
- Reach for your toes
- Step one leg back and explore the lunge
- Explore stretches that feel good

SITTING STRETCHES



- Move the spine in all directions
(pay extra attention to back bends)
- Remember the neck is part of
your spine
- Include arms in the spinal
movements
- Don't forget to stretch your legs

PSOAS STRETCH

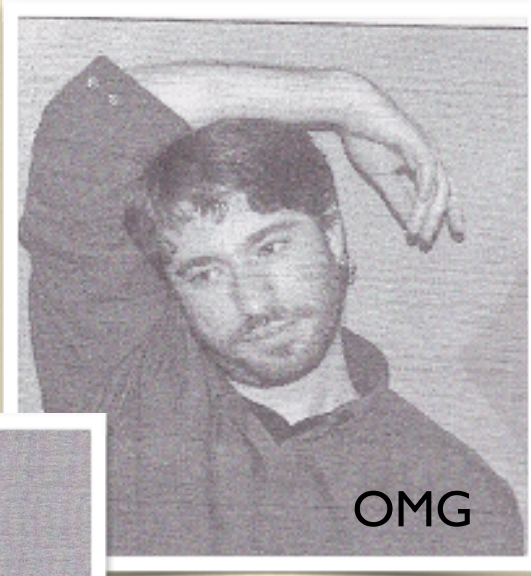


- When we sit our psoas muscle shortens
- A tight psoas increases the chances of back pain
- Stretch the psoas by bringing the knee behind the hip and pressing hips forward

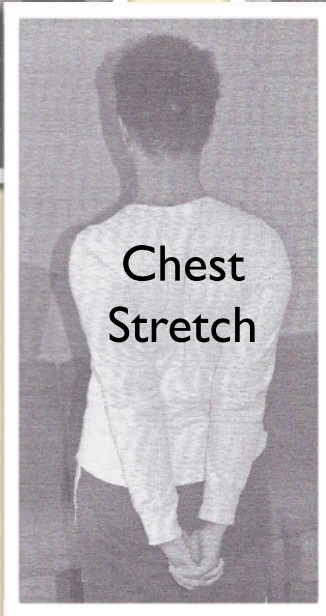
SHOULDER RELEASE



Hug



OMG



Chest
Stretch

Photo's courtesy of Lee Albert &
Integrated Positional Therapy*

- **Slacken Shoulders (Hug & OMG)**
90 seconds each pose
- **Warm up joints - moving joints through all ranges of motion**
- **Stretch Chest**

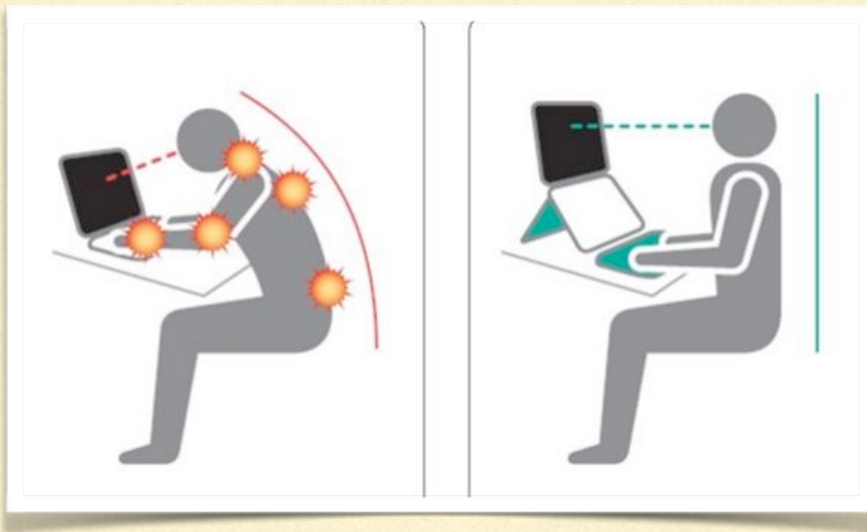
CARPAL TUNNEL RELEASE



- Gently twist your palm so you thumb faces down
- Hold at least 90 seconds
- This will release the tension in your elbow & wrist

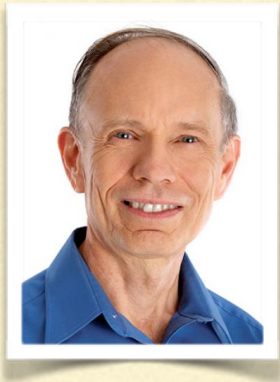
Photo's courtesy of Lee Albert &
Integrated Positional Therapy*

CORRECT POOR POSTURE



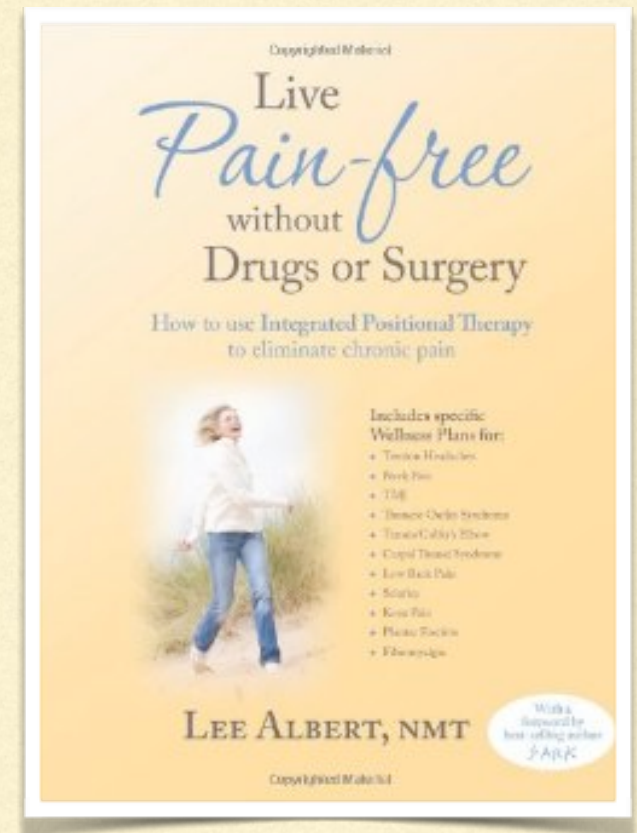
- Feet flat on floor or support
- Top of screen at eye level
- Sit directly in front of computer
- Keep thighs parallel to the floor with a 90° angle at hips
- Keep shoulders relaxed
- Keep wrists straight when typing
- Sit up not down on chair
- Keep elbows tucked in at sides at a 90° angle
- Distribute weight evenly on sitz bones

INTEGRATED POSITIONAL THERAPY



Lee Albert, NMT
creator of Integrated Positional Therapy (IPT)

www.LeeAlbert.com





Ageless Arts Yoga

offers yoga classes in multiple styles.
Learn more about private, corporate &
public classes

www.agelessartsyoga.com

or email:

tracey@agelessartsyoga.com