

In order to maintain and support the human body, movement is vital for health. Without movement our bodies deteriorate and don't function as they should creating pain and dysfunction within the tissues. Movement helps to keep the body happy and improves overall function. We are designed to move!

## ERGONOMIC SITTING

- Sit on the edge of your chair.
- Feet slightly wider than hip-width apart.
- Weight supported by legs & feet.
- Place small curve in low-back.
- Shoulder blades slightly retracted together.
- Head in-line with shoulders.

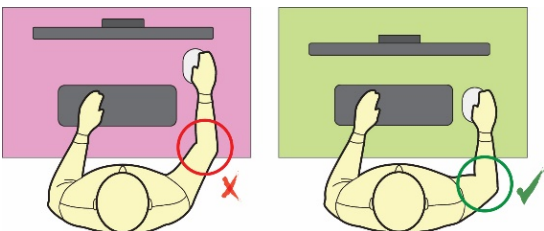
## ERGONOMIC OFFICE

- Elbows at a 90 degree angle
- Hand in line with wrist & elbow
- Keyboard close to body
- Computer straight ahead

Working in a bad position day after day, for years will lead to increase dysfunction and pain within the body.

Take a look around the office! What you will most likely see is co-workers:

- Slouching forward
- Chest caved-in
- Heads hanging forward



## Movement in a "Dysfunctional" World!

### Dysfunction Within the Body:

- o Is when the body is not functioning optimally or as it should.

### Signs of Dysfunction within the Body:

- o Pain
- o Limited Mobility
- o Numbness
- o Compensation
- o Headaches

### What Causes Dysfunction within the Body?

- o Poor Posture
- o Poor Body Mechanics
- o Dehydration
- o Inadequate Nutrition
- o Chronic Stress
- o Sleeping Patterns

Think about it, how often during the day are you sitting?

- o Eating meals
- o Driving
- o At work
- o Leisure time

The body will conform to the position that is held throughout the day. So, when slouching forward in flexion, the body will adapt and form to this position, making it more difficult to hold a better position.

Before we move into the real fun of this challenge, I wanted to start off with a simple explanation of utilizing your office space to best support your body.

