



Engaging Physiotherapists and gymnasts in the digital performance of their profession for distance guidance in physical exercise

# REMOTE WORK MOVEMENT TIPS



## MOVE!

As humans, we are not designed to stay still for long periods of time. Avoid being in one position for more than 45 minutes. This is KEY for your spine, eyes, brain, and your entire body. Movement breaks are essential for an whole-body energy refresh.

## STRETCH AND STRENGTHEN!

Our bodies, especially our spine, have not adapted quickly enough to support prolonged device use and sedentary behaviour. So, stretch the muscles in the front of your body and strengthen the muscles in the back.



## SET YOURSELF (AND YOUR DESK) UP FOR SUCCESS!

1. **Alternate:** Standing and sitting for easy movement throughout your day.
2. **Legs:** Keep feet flat, knees at 90 degrees.
3. **Pelvis:** Sit comfortably; avoid excessive upright or slouched positions.
4. **Arms:** Provide support for your arms.
5. **Head/Shoulders:** Position your monitor at eye level when sitting upright, with fingertips touching it.



## MOVEMENT BUDDY!

Get your phone - Set a timer for **45 minutes** to remind you it's time to bust a move! Your body and productivity levels will thank you!



## DID YOU KNOW?

Your head weighs up to 8kg! Be mindful of your posture and prevent laptop hunching from weighing you down. Keep moving, to free up tension for a happier, healthier you!



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