



Make Sitting For Long Hours More Exciting

You're stuck at your desk, You're stuck in the car.

Here's how to make the most of it!

Two things happen when we are frequently in a junky seated position too often:

1. We develop **chronic pain** because our body was designed to move more often
2. It becomes **challenging for us to get into other positions** because we are never in them. We are all a sum of our habits.

This gets easy
& uncomfortable:



This get hard
& uncomfortable:



Our body was made to move but...

- >> Sitting at an office desk
- >> Hunched over leaning on something
- >> Bent over a steering wheel while driving a car/or sitting on the train

Robs us of movement

When we sit often our...

- >> Hips don't move
- >> Shoulders round forward
- >> Upper back rounds forward
- >> Hips kick off to one side
- >> The same leg is always crossed over the other



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If you have questions or want more information on any of these topics.

Call us 203-914-6396, email us info@coreprinciples-sc.com, or stop by the Fitness Center here at 3001!

Check out our blog to see a bunch of stretches you can do in your office chair

How Can We Help Ourselves?

Move More & Try These

Set a Timer to Move.

The longer we sit, the less we move and the more we sink into that crappy posture.

>> Set a timer on your phone or desktop to get up and move. It sounds simple, it is. Set it for every 20-30 min.



Roll in your Chair.

Make your legs work!

>> Sit up tall, plant your feet under your knees, and drive your feet into the ground

>> Using your hamstrings, pull yourself into your desk using your quads and then push away from desk slowly with lots of force though your feet 15-20 times.

Grip the Desk

Many muscles get relaxed when we sit. This will turn some on...

>> Grab your desk with each hand. Squeeze hard and try to crush it. You can do this standing or seated or both

>> Crank out 3-5 squeezes, each lasting 10 seconds

This will help restore some activity of your upper back and postural muscles.

Move Your Stuff

Always having your stuff (mouse, phone, computer screen, coffee) in the same spot helps create your habits and forces you into the same positions.

>> Criss-cross your office and put frequently used items in a new position.

>> Move things to a place where you are forced to get up to use them. This office would give you a workout as you move things.



Stand Up and Breathe

Quality breathing turns on our deep core muscles.

>> Think expand your rib cage 360 degrees and then slowly exhale your used air, keeping your neck and shoulders quiet. You can also do this seated.

>> Full inhales will get you into a more upright position and get your deep core muscles to awaken. This may be the closest thing to reset button we know.