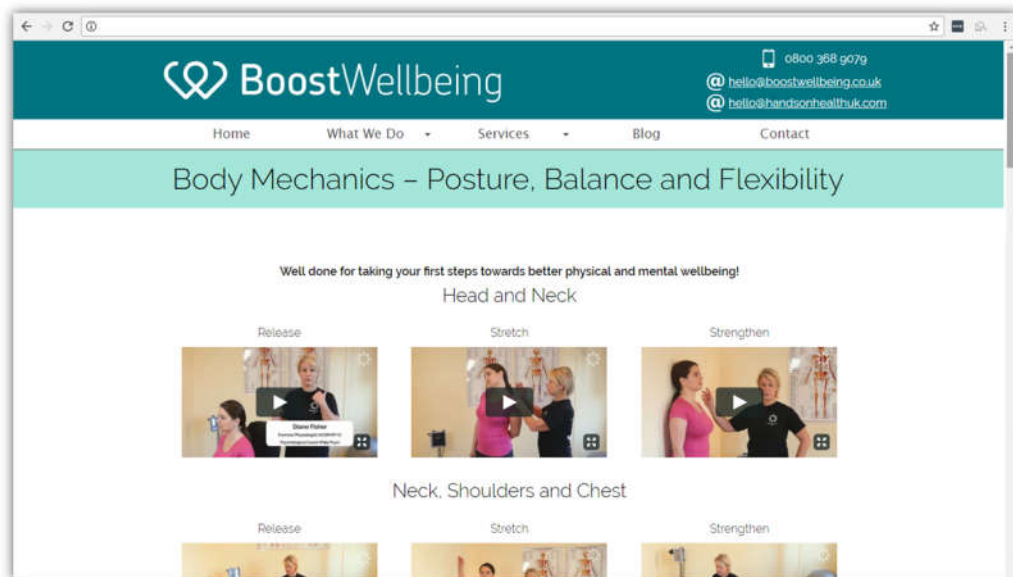


Key Deliverables & Learning Objectives

- Increase personal confidence in how staff look after themselves
- Improve understanding around how posture, exercise, strength, flexibility and sedentary behaviour relates to Musculo-Skeletal Disorders (MSDs) such as Repetitive Strain Injury (RSI)
- Educate staff to recognise the signs of muscle imbalances in their own bodies so they can improve and retrain themselves into healthier habits
- Help individuals to create a personal, targeted plan on how to optimise their physical health
- Train staff to recognise the signs and symptoms of MSDs or Repetitive Strain Injury (RSI) within themselves AND their colleagues so they can avoid becoming unwell and are able to access available support as soon as possible
- Advise on other ways to strengthen the training, such as the psychology of behaviour change and how physical exercise can play an important role in maintaining good physical and mental health
- Signpost delegates to sources of further information and support (both internal and external within your business) where required

Stream or Download our Post Course Videos!

www.boostwellbeing.co.uk/body-mechanics-resources/



Rebalance Your Body

Feel stronger, look slimmer and live a better life!



BODY MECHANICS Workshops

Posture, Balance & Flexibility

See inside for further information

Clothed, seated massage - Resilience & Stress Management - Fitness & Nutrition

BoostWellbeing

Call us on 0800 368 9079 - hello@boostwellbeing.co.uk

Does this remind you of your posture?



Did you know your lack of movement may be affecting your posture and overall health and wellbeing?

Do you sit for long periods at your desk, in the car or at home, or perform any other repetitive tasks?

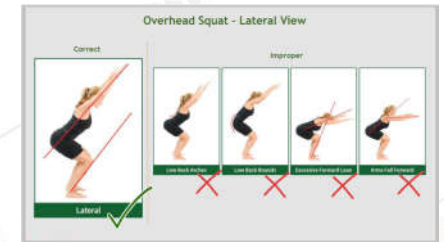
When we sit, stand or move repetitively, our muscles contract and lengthen differently which may result in joint misalignment.

Your body may be telling you something if you experience fatigue, lack of concentration, neck tightness, headaches, migraines, joint pain or cold hands or feet.



Workshop Content

Our Body Mechanics workshop is interactive, interesting and most importantly, fun! We will give you a good understanding of how improving posture, muscle tone, strength and flexibility will boost your mental and physical wellbeing.



Our course covers:

- Reviewing posture, exercise, strength, flexibility and sedentary behaviour.
- How to recognise the signs of muscle imbalances in your body.
- How to avoid injury or rehabilitate (if you have an injury) due to overtight muscle groups.
- How to recognise the signs and symptoms of Repetitive Strain Injury (RSI) or Musculoskeletal Disorders (MSDs) within yourself to avoid becoming unwell.
- Creating a personal, targeted plan on how to optimise physical health.
- Psychology of behaviour change (creating new habits, setting goals) and how physical exercise can play an important role in maintaining good physical and mental health.
- Additional support and help.

We give you the tools you need to live a better life and can even add height lost by stooping, making you feel stronger and look slimmer!

Want to learn more?

Get in touch with us to discuss your needs by calling: **0800 368 9079** or drop us an email: **hello@boostwellbeing.co.uk**