

JUST MOVE



BeachLife
PHYSIOTHERAPY

Don't let your body lock up during this lockdown!

BEACHLIFE PHYSIOTHERAPY

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Just Move

YOUR WORKPLACE

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STAYING ACTIVE

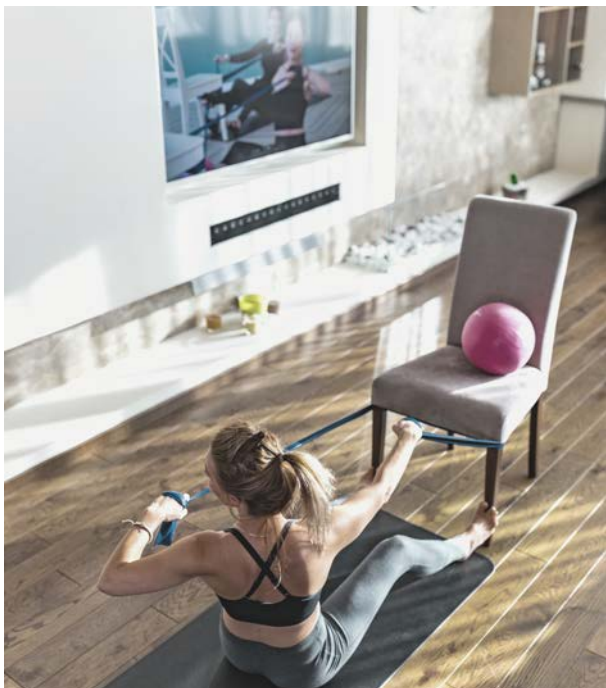
Physical activity

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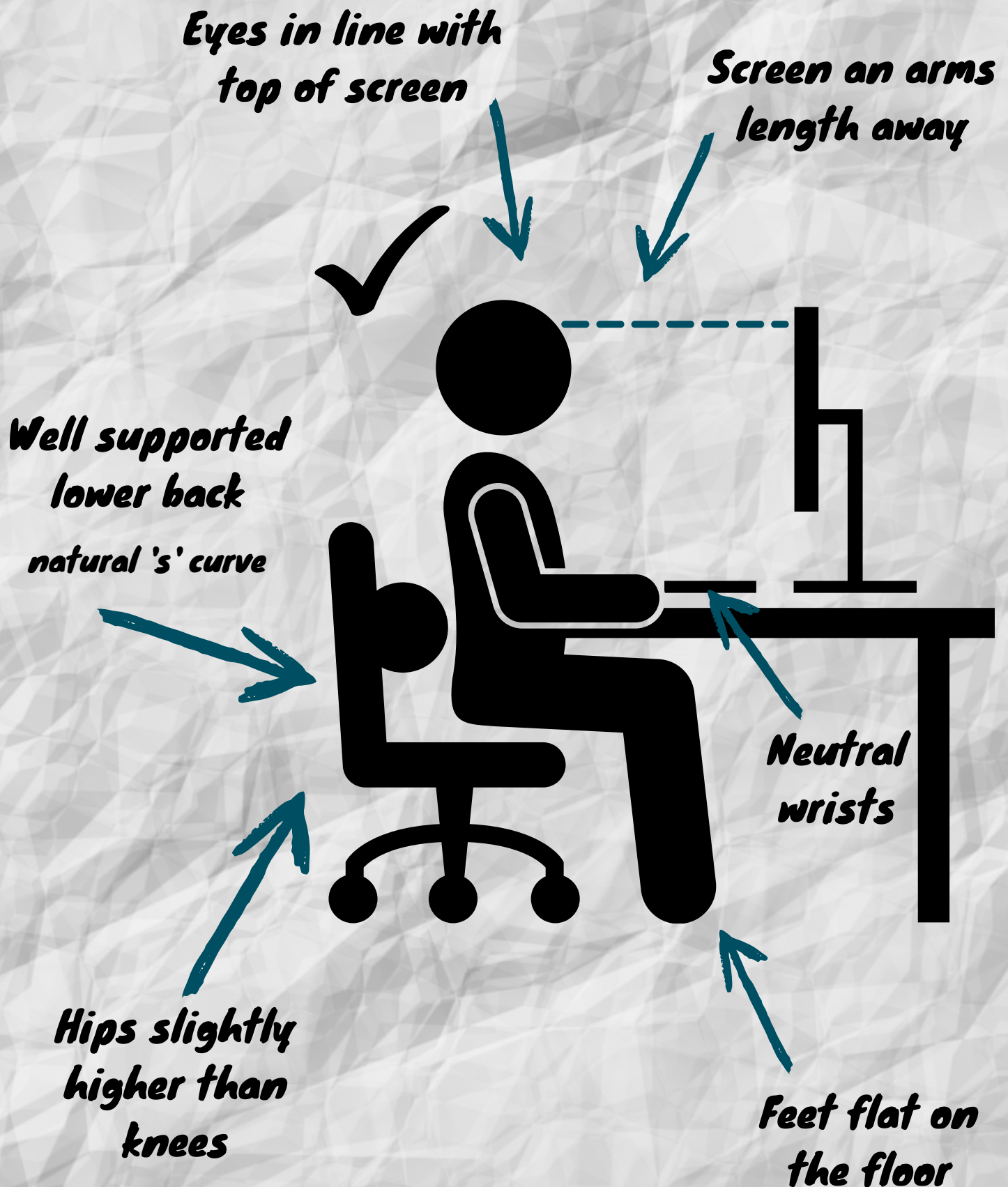


Visit

[BEACHLIFEPHYSIO.COM](https://beachlifephysio.com)

to book an appointment, online class or to receive one to one guidance on what will work best for you!

HOW TO CORRECTLY SET UP YOUR DESK



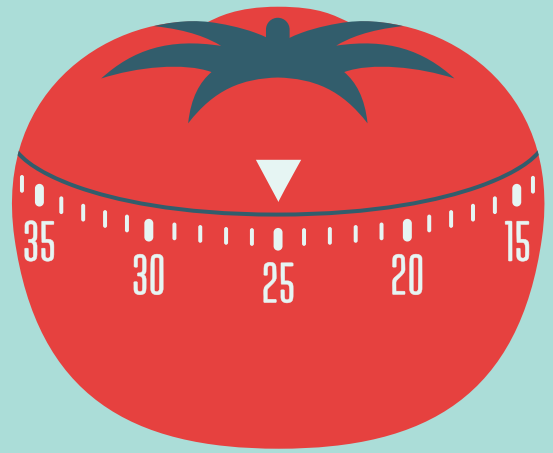
REGULAR BREAKS

THE POMODORO TECHNIQUE

A simple method to balance focus with deliberate breaks

1) DECIDE WHAT TASK YOU NEED TO DO

How many tomatoes will it take to complete this task?



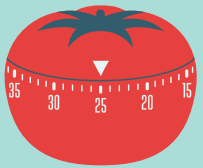
2) DO 1 TOMATO

Set the timer for 25 mins then take a 5 min break.

FOCUSED WORK
25 mins

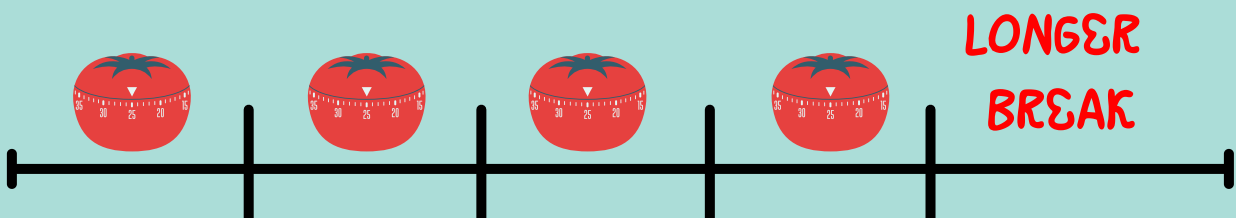
BREAK
5 mins

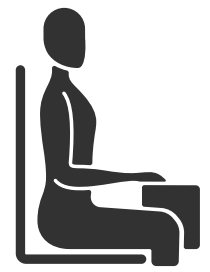
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3) TAKE A LONGER BREAK

After 4 cycles take a 15-30 minute break





SITTING POSTURE

IF YOUR SITTING POSTURE IS CAUSING YOU PAIN, TRY THIS PROCESS TO SEE IF IT REDUCES YOUR SYMPTOMS



Sit upright on a chair with your hands on your hips and your feet flat on the floor.



Begin by slumping, rounding your shoulders & dropping your head.

Your body weight should be settled through your tail bone.



Gradually roll yourself upwards from your tail bone until your weight is through your sit bones.



Lift your head up & look straight ahead.



Bring your shoulders back & down, pushing your chest out a little.



When you are sitting as tall as you can, relax back a little.

**MOST IMPORTANTLY
CHANGE POSITIONS REGULARLY.
SIT, STAND, MOVE!**

6 Stretches you can do at your desk

Ease your aches and pains



01

CHEST STRETCH

With your arm extended, bring your hands back and squeeze your shoulder blades together to open up your chest.

02

SHOULDER SHRUG

Seated or standing, lift the shoulders up towards the ears, squeeze at the top and then drop back down.

03

NECK STRETCH

Sitting in your chair, reach down and grab the side of the chair with the right hand and gently pull while tilting your head to the left, Repeat on the other side.

04

SPINAL TWIST

In a seated position with the feet flat on the floor, gently rotate the torso towards the right, using your hands on the chair handles to help deepen the stretch. Repeat on the other side.

05

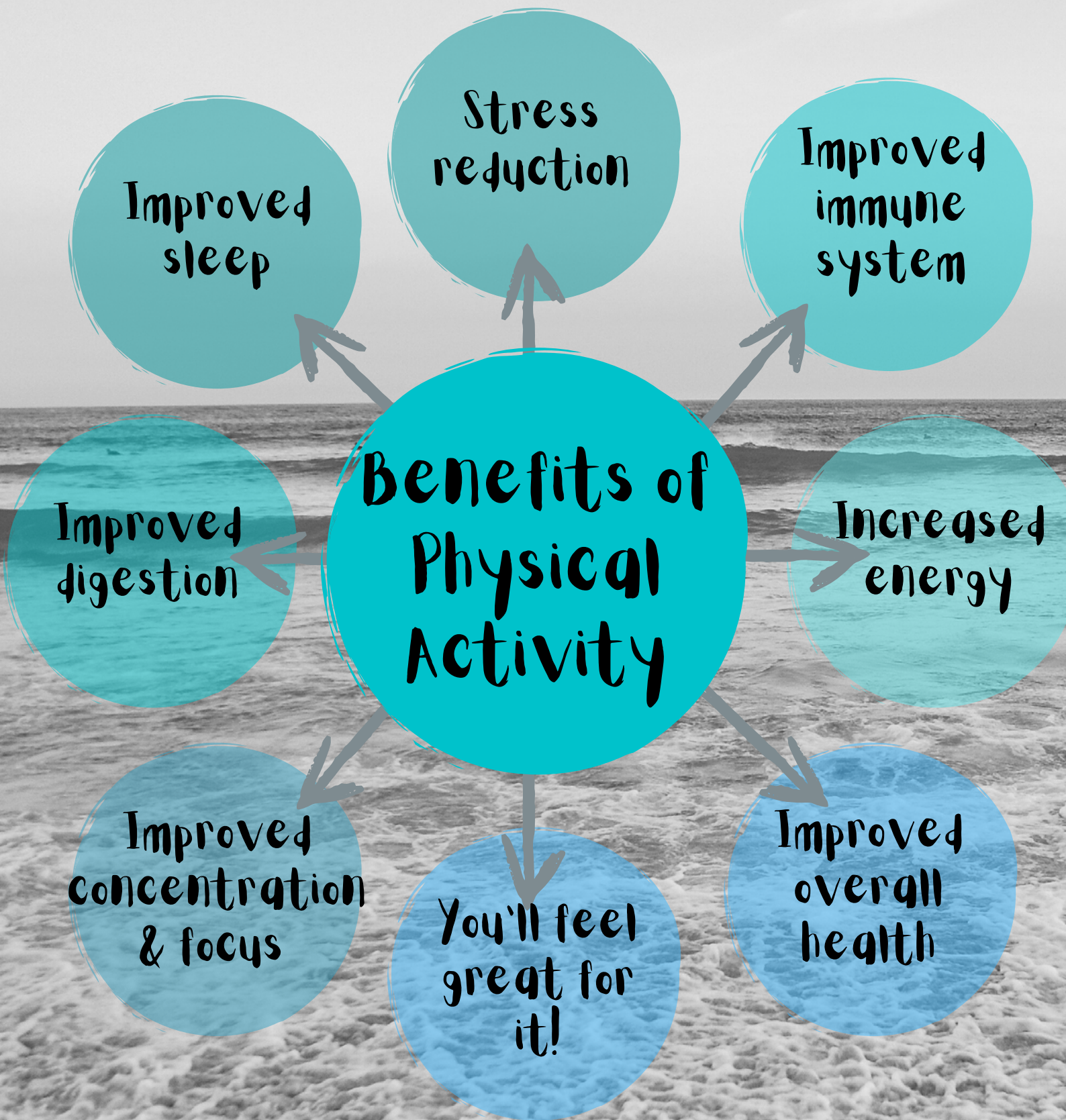
OVER THE HEAD STRETCH

Seated or standing, lace the fingers together and stretch them up towards the ceiling.

06

THORACIC EXTENSION STRETCH

Sit with hands behind the head, keep your neck in a neutral position and extend upper body over the back of the chair.



*To enjoy the glow of good health,
you must exercise*

INDOOR ACTIVITIES

Walk briskly
around the house
or go up and
down your stairs
throughout the
day

Get up and do
some sit to stands
or walk during an
ad break if
watching tv

*You can't go wrong
getting strong*
Adam Meakins

Do some active
house chores
such as sweeping,
taking the
garbage out, etc

Go for a walk or jog around the neighbourhood throughout the day

Hire a kayak and get your heart rate up or throw in a line.



OUTDOOR ACTIVITIES



Go for a bike ride at your local park

Spring is the time for pruning or to dig in your vege patch



Throw on your wetsuit and go for swim at your favourite swimming spot



Online classes

Online classes are a great way to stay active, receive feedback on your exercise form and socialise

We are running our Move Well classes online.

Move Well classes are for people who:

- Are looking to achieve and maintain a healthy, pain free body
- Want to work on a combination of strength, flexibility, balance and coordination
- Have osteoarthritis, rheumatoid arthritis, osteoporosis or osteopenia
- Score less than 15 on the Functional Movement Screen

*Strength is never a
weakness.
Weakness is never a
strength*

Mark Bell



5 tips for reducing stress while working from home?

1

Create a daily routine that includes breaks and exercise

2

Start your day right with some exercise and a healthy breakfast. Avoid rolling out of bed late and starting work in your pajamas.

3

Take a real lunch break, don't eat lunch at your desk.

4

Separate your work from your home life. Finish work at a set time, don't let it take over your relaxation time.

5

Tune in to our Just Move exercise class for a 15 minute break at 1pm daily.

Just Move Sessions

Through lockdown, we have been running our FREE exercise session for those of you who are needing some extra movement during your work day. Our Just Move lunchtime exercise session is a physio-led, 15 minute movement flow session that aims to get you up out of your seat!

This will help to improve mobility, core strength and circulation, and will re-energise you for the afternoon so that you be more productive.

You can join in on Zoom every weekday at 1pm starting today, using our Zoom link below:

[Click here to access the Zoom link](#)

You can also join our Just Move Facebook page

[Click here to join](#)

Feel free to pass this on to any friends or family who may be interested in joining us.

We look forward to seeing you all during your lunch break!

Contact Us

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BeachLife
PHYSIOTHERAPY

*First move well,
then move often*

GET IN TOUCH



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