



“Start ...Train...Maintain”

presented by

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WAR ON SITTING...INACTIVITY

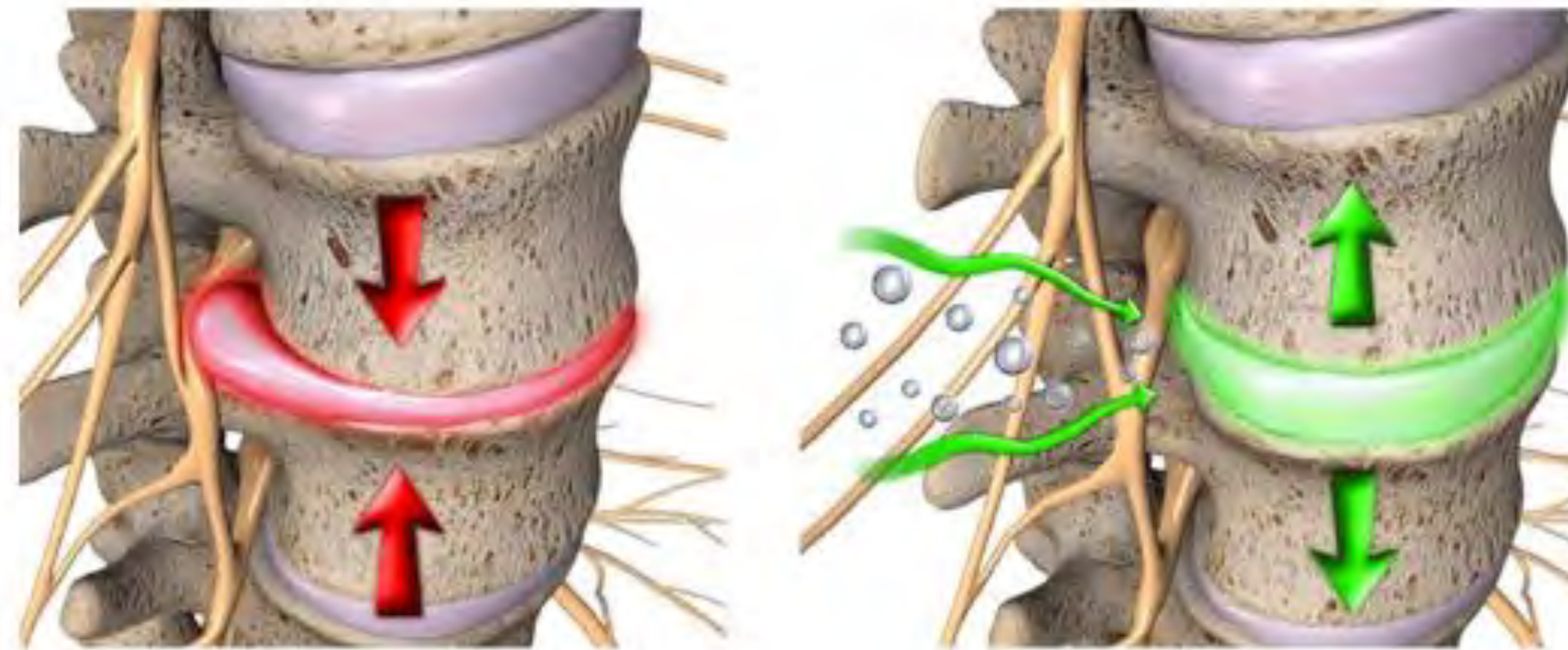


WHAT DOES IT DO TO US?



BACK NUTRITION

Because discs are avascular, meaning they do not have a blood supply, they exchange nutrients by a process called imbibition. Imbibition is a process of water being drawn into tissue as pressure is decreased.

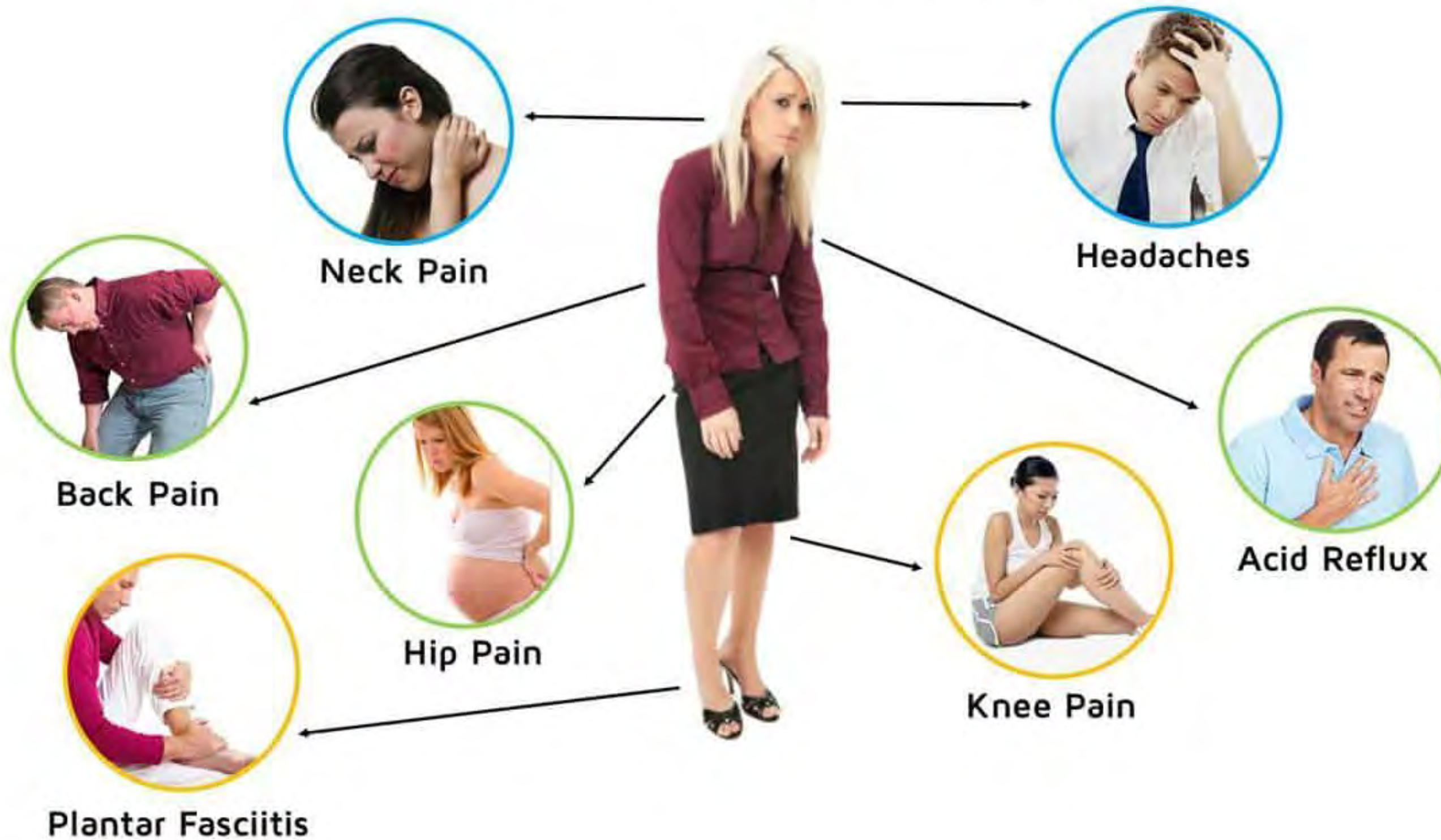


THE BACK



COMMON INJURIES

Poor Posture = Problems



BACK PAIN

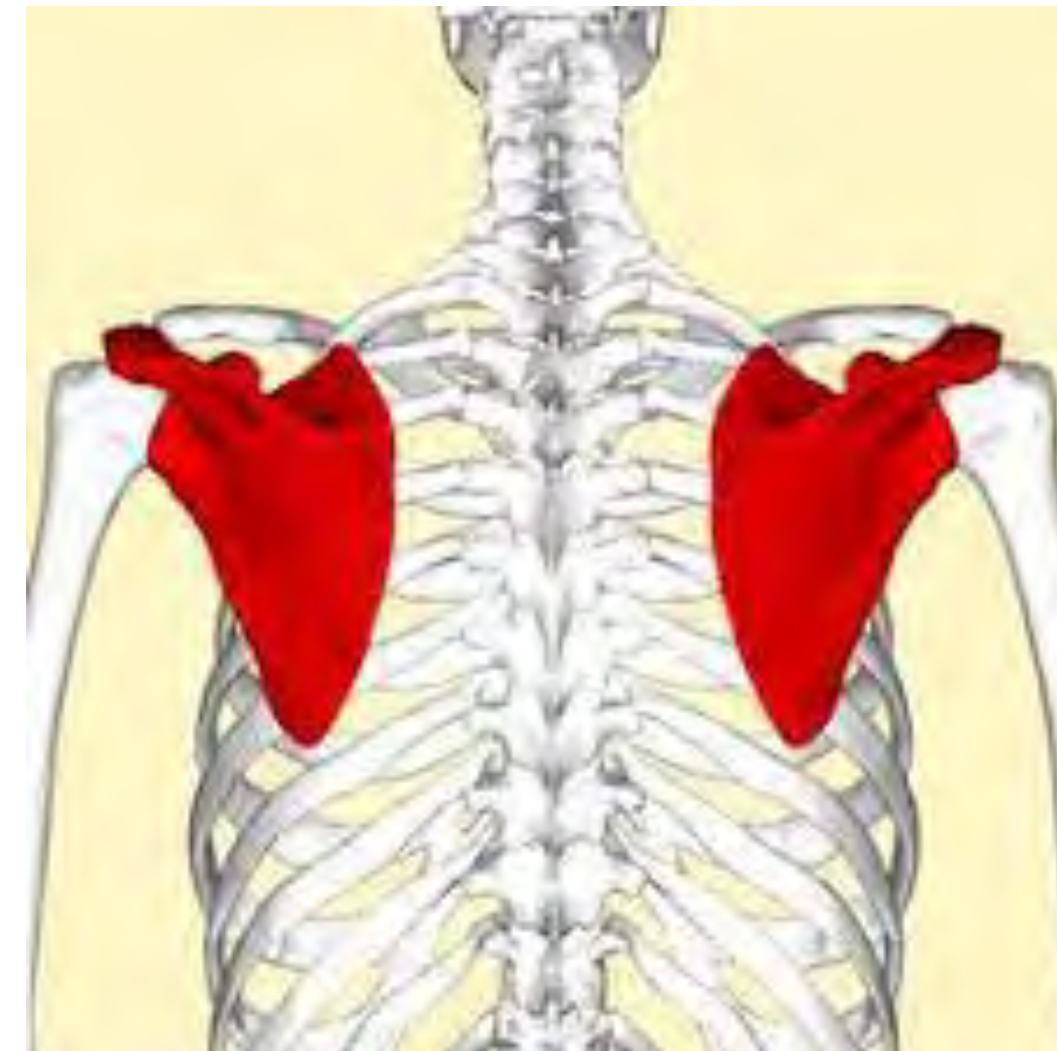
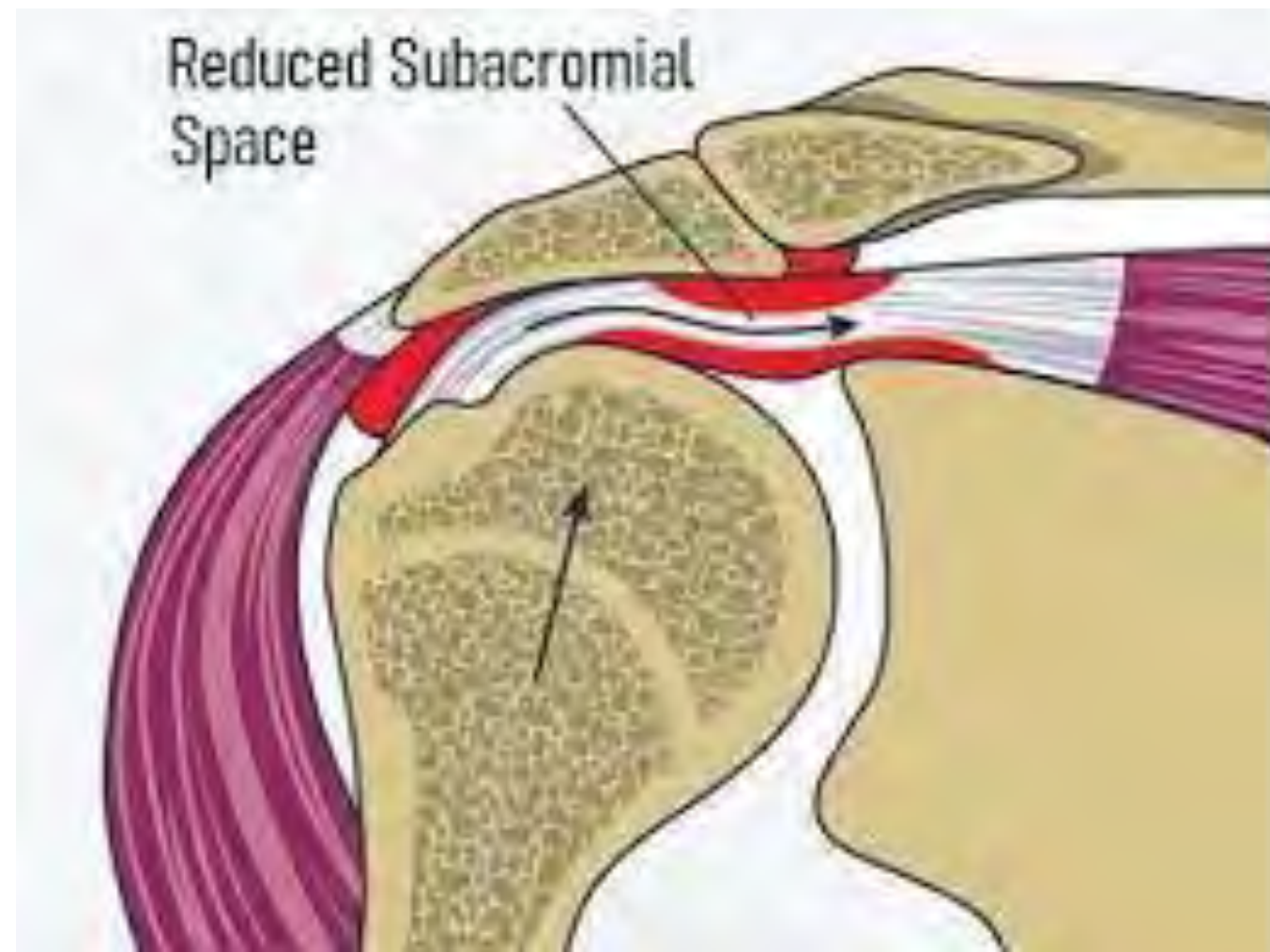
- A staggering 80% of adults are estimated to experience a back injury in their lifetime.



BACK



SHOULDER IMPINGEMENT



TOP 5 EVERYDAY STRETCHES

Lunge Stretch



Figure 4 Stretch



Doorway Stretch



Pole Stretch



Upper Back Stretch

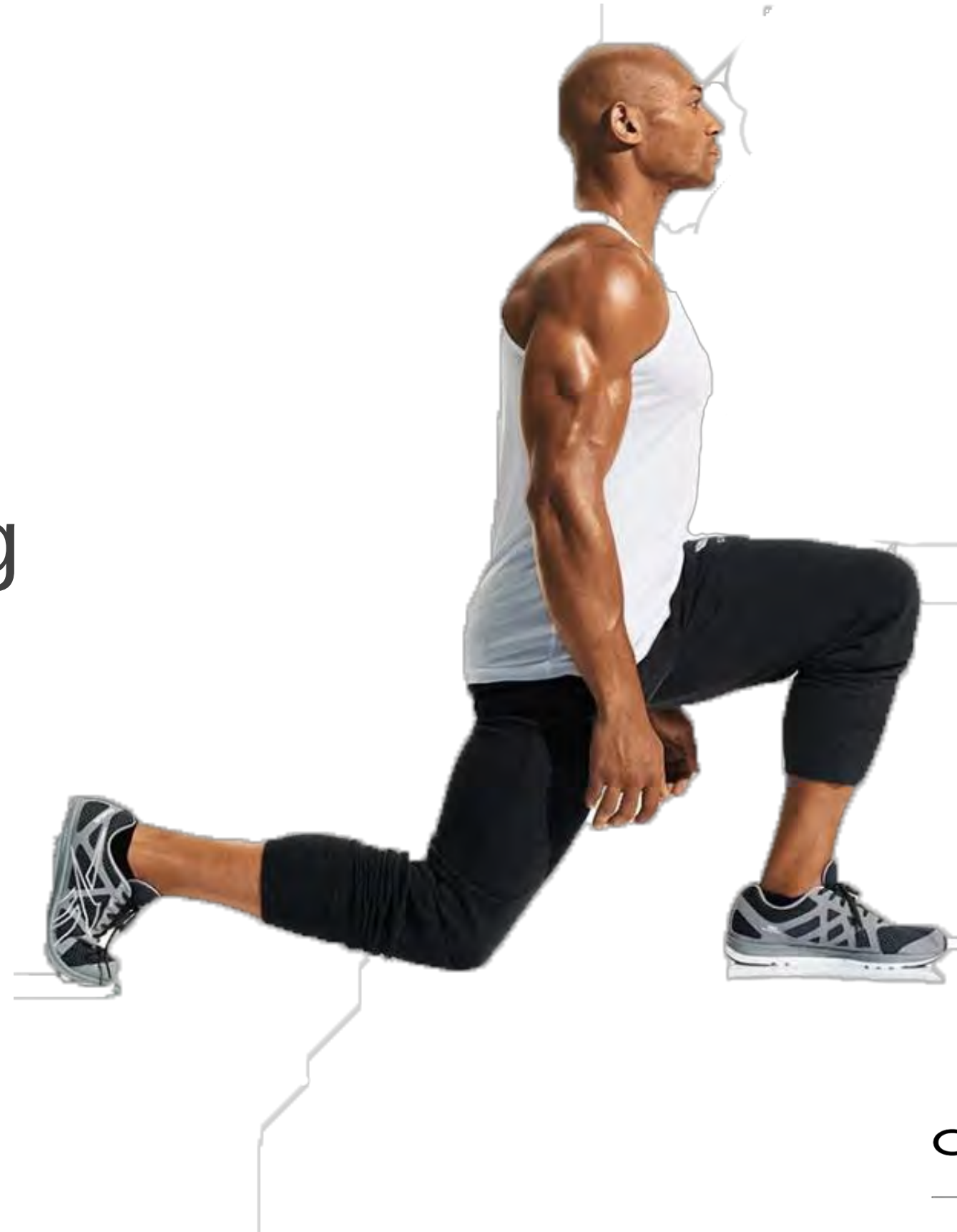


OFFICE STRETCH GUIDE



HOW DO WE START TRAINING?

1. Commitment
2. Consistency
3. Reduce Friction
4. Small Steps
5. Realistic Scheduling
6. Fun
7. Teamwork
8. Recovery & Sleep
9. Micro Habits
10. Track

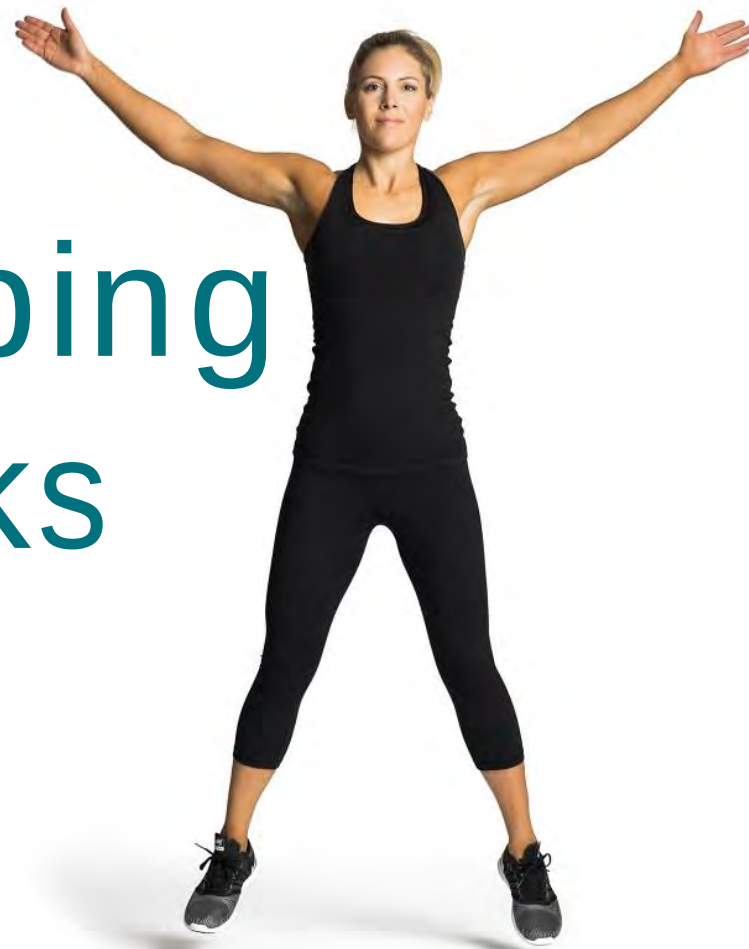


CIRCUIT TRAINING/ EXPRESS FITNESS

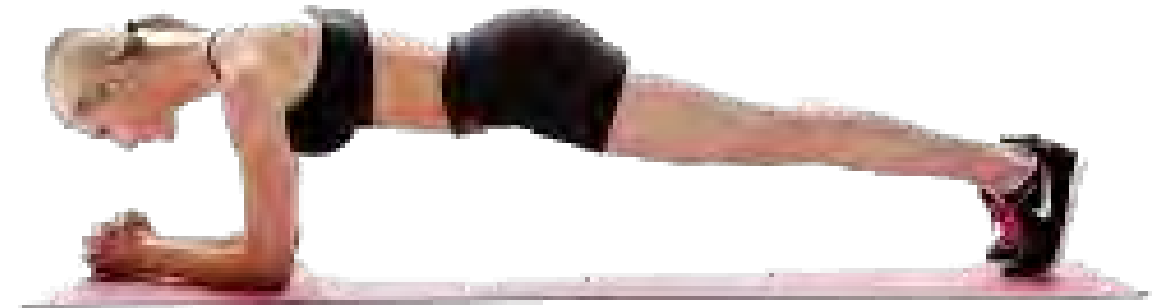
1. Push-Ups



3. Jumping Jacks



4. Planking



2. Squats



5. Crunches



CIRCUIT TRAINING/ EXPRESS FITNESS

1. Lateral Raises



3. Step Walking/ Running



2. Lunges



4. Planking



5. Crunches



BENEFITS OF CIRCUIT TRAINING

Adaptations:

- Station Durations
- Repetitions
- Number of Stations/Exercises
- Exercise Variations
- Number of Completed Sets
- Partner or Group Training



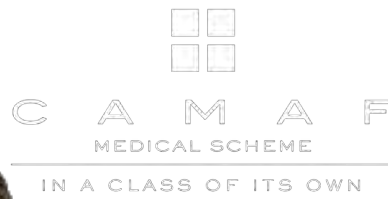
QUOTE OF THE DAY

“LET EVERYDAY BE A
MONDAY”



QUESTIONS / COMMENTS





Thank You

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