



Overview/ Description:

Have you ever felt tired and sluggish at work? Do you notice tension in your neck and back pain in the middle of your workday? Spending many of our waking hours sitting at a desk can lead to consequences for our health. However, it can be difficult to find time to exercise! This training will discuss the importance of not being completely sedentary all day, and review practical, easy ways to take care of your body while working a desk job.

Workshop Objectives:

This training will help you:

- Learn why sedentary lifestyles are hazardous for your health
- Identify exercises to incorporate into your workday
- Understand the relationship between physical and mental stress
- Practice mind-body connection through stress management exercises



TARGET AUDIENCE:

INDIVIDUALS OF ALL ABILITY LEVELS WHO WANT TO LEARN HOW TO STAY ACTIVE DURING THE WORKDAY



EXPECTED DURATION:

45-60 MINUTES

Deskercise! Taking Care of Your Body During the Workday

