



Posture Improvement Habits

Daily Posture To-Do-List

Place a tick for each day you complete it

✓ x 5-7	Task	Advice and Support
	Set up your desk posture	<ul style="list-style-type: none"> • Tips on our insta • Permission to sit at your desk • Why we like standing desks
	Hourly eSnacko at work	<ul style="list-style-type: none"> • eSnacko article (Your Body Needs You To Move) • esnacko video • Set a timer to remind you to move
	10,000 steps	<ul style="list-style-type: none"> • Use a Wrist Activity monitor or Pedometer app on phone • Is 10,000 steps a made up number?
	Self-Massage	<ul style="list-style-type: none"> • Check out Specialised Health's Instagram to find some examples
	Stretches Daily Hold for 1 minute	<ul style="list-style-type: none"> • Recommended times to complete after work, before workout, before bed • Stretches: Upper body, lower back etc – Check the above Instagram for videos!
	Neck Strengthening exercises	<ul style="list-style-type: none"> • Perform anytime, although best performed after stretches • Video
	When walking, walk properly	<ul style="list-style-type: none"> • Head up – look straight ahead • Phone in your pocket or bag • Swing your arms • “Show off your boobs” about 70% • Extend your leg out behind – feel your glute muscle tense slightly



Posture Improvement Habits

Weekly Posture To-Do-List

✓	Task	Advice and Support
	30 minutes of exercise 5 days per week	<ul style="list-style-type: none"> • Exercise 101 • Exercises 101 – Cardio • Exercises 101 – Strength
	Strength Exercises 2-3 times per week Deadlifts Incline Row Back Extension	<ul style="list-style-type: none"> • Video
	Core Exercises 3+ times per week	<p><u>Examples:</u></p> <ul style="list-style-type: none"> • Plank <p>And/or</p> <ul style="list-style-type: none"> • Dead bug variations
	Optional: Other exercises to add to your strength program	<ul style="list-style-type: none"> • Chest Fly • Split squat • Lunges