

Is your idea of daily activity a long, well-paced sit?

2023



DESKERCISE

COME NOW, BE HONEST

Are you reading this sitting at your desk? Sitting at the dining table? Sitting on your couch?

Or sitting anywhere else?

JOKES ASIDE

Sitting all day can lead to a number of healthcare complaints, not least of which is a literal pain in the neck, back and other parts of your body that take strain from an ongoing lack of activity.



Keep a close eye on your mail over the next few months because OMSMAF will be bringing you a series of great ideas for how to optimise your desk setup and move your body more during your workday as well as useful information on the benefits available to you as an OMSMAF member.

**CHAT SOON,
THE OMSMAF TEAM**