

# Ready to become a fitter sitter? It's time to warm up...

2023

DESKERCISE

## WINTER

Is in full swing and while we may not be aware of it, most of us spend a lot of time huddled up trying to stay warm – sometimes for hours when sitting at our desks. But all that hunching can create a lot of tension in the upper back and neck area, even if you have perfected your desk setup, as suggested in a previous mailer.

## THE GOOD NEWS

By incorporating some simple and effective moves regularly throughout the day, you can help prevent stiffness in the neck and shoulder area. So, take a deep breath, straighten up, relax your shoulders and try the below stretches from Johns Hopkins Medicine. They are super straightforward and quick to do:

### TRY SOME NECK STRETCHES



## TAKE A SELF-CARE BREAK

For more self-care break exercises, visit: [bit.ly/owbselfcare](https://bit.ly/owbselfcare)

## WHEN YOU NEED TO TAKE A PROPER PAUSE

Instead of slouching back and scrolling, get your body moving! Not only is it important to take a break from sitting every 30 minutes, which increases blood flow and gets your circulation going – it will have the added benefit of warming you up and boosting your brain cells. Try upping your physical activity at work by doing the following:

-  **Taking a call?** Get up and walk around while you are on the phone.
-  **Walk over to speak to a colleague** in the office rather than emailing them.
-  **Don't hold back on drinking water in winter** – more bathroom breaks mean you get to move your body more.
-  **Going somewhere in the building?** Take the stairs instead of the lift.
-  **Avoid the temptation to eat lunch at your desk** and head down to the break area or outside to get some sun.
-  **Set aside some time in your lunch hour for a brisk walk** or go for a walk around the block a few times a day, if you can.

## ONGOING BACK AND NECK PAIN

If ongoing back and neck pain is impacting your life, OMSMAF is here for you with our wonderful Back and Neck Programme, put in place to help improve quality of life and reduce pain and suffering for our members. This programme is based on international, clinically proven care pathways that reduce pain and stiffness and improve flexibility. For more information about this benefit, don't hesitate to contact the fund at 0860 100 076.

And for those members looking to level up their physical activity, the fitness assessment and exercise prescription benefit available to members across all Traditional plans will provide expert input from a registered Universal biokineticist, with an individualised fitness plan built around your specific needs.

We're getting ready to take it up a notch with some real deskersizes to keep your body active, so watch out for the next mail – you won't want to miss it!

**CHAT SOON,  
THE OMSMAF TEAM**