

Are you ready to nama-stay strong? Let's get to it with some deskside yoga!

2023

DESKERCISE

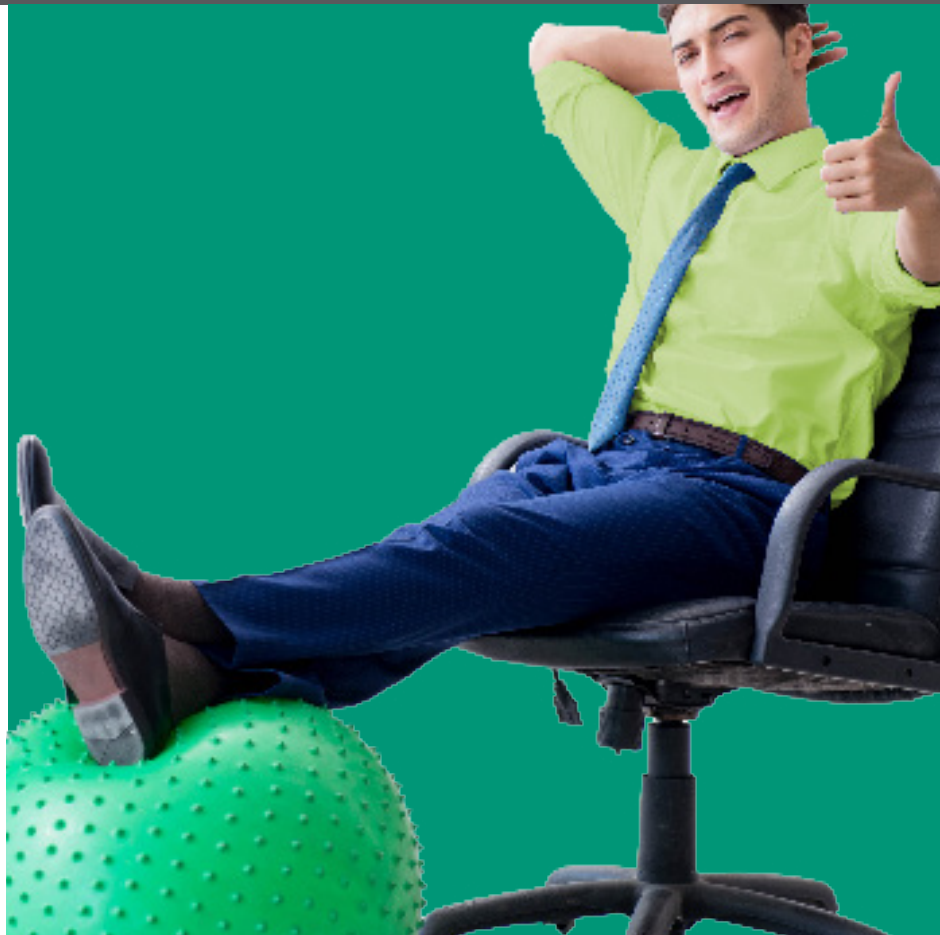


SHORT OF INSTALLING A TREADMILL AT YOUR DESK

Keeping your body active while you work can be a real challenge. But where there's a problem, there's a solution and this is one hurdle you can't afford not to overcome.

ACCORDING TO NUMEROUS STUDIES

Sitting still for long periods can increase your risk of obesity, high blood pressure, high blood sugar and cardiovascular risk, among other conditions. Furthermore, bad posture and lengthy periods seated in the same position can wreak havoc on your back and neck.



FORTUNATELY

Between your body and your chair, you have everything you need to flex it up and stretch it out with these super slick yoga moves from Johns Hopkins Medicine that will make you feel like a new person. Added bonus? Taking a short body break can sharpen your mind too. That's a powerhouse package!



If you have a known back condition it is best to consult with your healthcare provider before starting any new exercises.

healthy
AT HOPKINS



Source: Certified Yoga Teacher

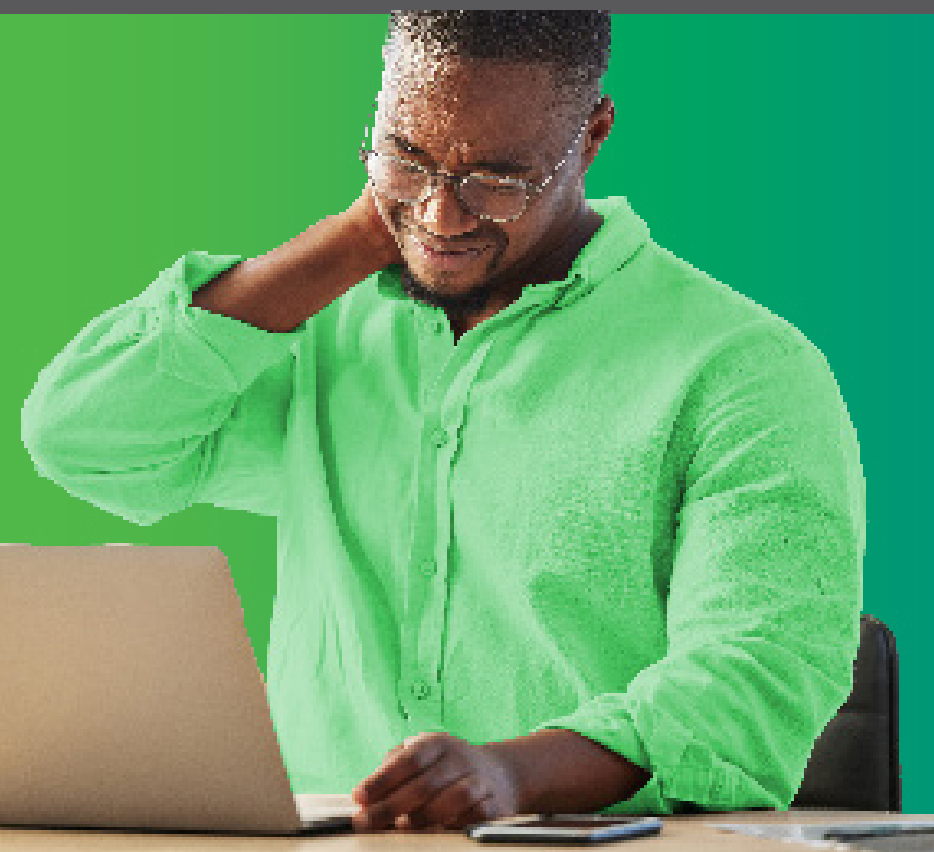
CHAIR YOGA

FOLLOW THIS CHAIR YOGA
SEQUENCE TO HELP RELEASE
STRESS OR TENSION IN YOUR
MUSCLES AND REFOCUS ON
THE TASK AT HAND

Please consult your doctor before
beginning any new exercise or
physical activity routine

ONGOING BACK AND NECK PAIN

Is ongoing back and neck pain keeping you from being at your best? OMSMAF is here for you with our Back and Neck Programme 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 please contact us on 0860 100 076 or send an email to backandneck@omsmaf.co.za.



If you are ready to maximise the outcomes of your physical activity, the fitness assessment and exercise prescription benefit that is available to members across all Traditional plans provides you with expert input from a registered Universal biokineticist, with an individualised fitness plan to target your particular needs.

Little by little we can make changes for the better, so keep it up OMSMAF Family – you are doing great!

NAMASTE AND CHAT SOON,
THE OMSMAF TEAM