Slide 1
Welcome to Two-Minute Tuesday. Today’s topic is beat the seat.

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Do you work at a desk or drive in a vehicle all day? If you are in a seated position for long stretches of time, you may have poor posture. This leads to excessive strain of your postural muscles, and you’re likely to get stiff and sore — unless you take frequent breaks for physical activity.

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Researchers say the average person spends more than half their waking hours sedentary, doing such things as working at a computer, watching TV, sitting in traffic, video game playing, or reading.

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Having a regular fitness routine is good; however, it may not counteract the effects of prolonged sitting. If your position requires you to be sedentary, be mindful that you can still get in physical activity. It is recommended that individuals take a couple of minutes each hour throughout the day for movement. Overall, we need to spend less sitting and more time moving!

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Did you know you can stretch while you’re seated at your desk and stand in your work space? You might even be able to stretch while you’re participating in a conference call or other workplace activity. To prevent or reduce stiffness and pain, try these simple desk stretches in the following video.

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• Video clip: http://bcove.me/9js57ys5
Standing or sitting for long periods of time can cause soreness in areas of the upper body. To prevent or reduce stiffness or, pain try these simple stretches. To stretch the back of your shoulders, place one hand under your elbow, lift your elbow and stretch it across your chest. Don’t rotate your body as you stretch, hold the stretch for 15 to 30 seconds; you’ll feel tension in the back of your shoulder. Relax and return to the starting position and repeat the stretch with the other arm. To stretch the backs of your arms, lift one arm and bend it behind your head. Place your other hand on your bent elbow to help stretch your upper arm and shoulder. Hold the stretch for 15 to 30 seconds. Relax and return to the starting position and repeat the stretch with your other arm. To stretch the muscles of your chest, squeeze your shoulder blades together. To get a better stretch, place your hands behind your head and pull your bent arms backward. Hold the stretch for 15 to 30 seconds. Relax and return to the starting position. When you’re stretching, keep it gentle. Breathe freely as you hold each stretch and be careful not to bounce. Expect to feel tension while you’re stretching. If you feel pain you’ve gone too far.

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Breaking up your workday with stretches and other physical activities can help keep you comfortable while at work, but most importantly it can help add quality to your lifestyle. So don’t just sit there- beat the seat by incorporating standing, stretching and moving.

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Thank you for watching. To subscribe and watch previous episodes, visit us online.