

Sitting is a health hazard – How to avoid it damaging your body.

The literature is now full of scientific articles stating that “Sitting for long periods increases your risk of cardiovascular disease, diabetes and even cancer”. So how do we avoid this damage.

Dr Penelope Jones has been teaching WorkingPosture workshops for almost 30 years here in Australia and internationally. Her workshop has been helping people to prevent and to recover from workplace injuries caused by chronic poor sitting at work.

When we become tense or concentrate we tend to reduce our breathing. We do this by tensing our intercostal muscles. Doing this day after day, those muscles become chronically tight and this eventually spreads to the rest of our body. Put this together with our unconscious habits of slouching in the chair, tensing our shoulders to perform the precise movements of dental practice (and working on a computer) and the body becomes even tighter.

These tight muscles pull our posture out of alignment and create chronic pain in back, neck, shoulders and arms.

Posture is NOT a static thing. Good posture is where the muscles continually adjust to the need to dissipate energy from the work/movements we make. Ideally this energy is dissipated through the skeleton and when the muscles can align the skeleton well you will have strength AND flexibility. Chronically tight muscles do not allow for this continual adjustment. Great athletes and martial artists have learned how to do this balancing by organizing their body well. They can strike a fatal blow or a shot with minimum effort.



Dr Jones uses this knowledge, and the brilliant tool of neuroplastic learning to help you find how to align yourself from the inside.

WorkingPosture uses easy gentle movement lessons with good breathing technique to allow you to unwind your old bad muscular tension and learn to align yourself with far better skill. You will learn how to find good balance with strength AND greater flexibility for the fine work of dentistry.

It is easier and more pleasurable than you think and does not involve strenuous exercise

Come and join us on 1st September for a day of gentle movement lessons and start to feel better at the end of each day.

Dr Jones has restored many a Dental career. She is an international speaker and has been teaching in the faculty for over 26 years.

See www.workingposture.com.au

<https://www.youtube.com/watch?v=xoS7Rqcgl8I>