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# Increase Your Productivity With Improved Posture & Movement

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**Did you know that improving your posture affects how productive you are?**

***“Poor posture is associated with back pain”***

If you catch yourself slouching or slumping at your desk throughout the day, lean forward to look at your phone or you simply haven't moved from your office chair all day, then I highly encourage you to read on.

**What affect does improving your posture and moving more have?** Improved posture and increased movement: relieves neck/shoulder/back pain, increases concentration and thinking ability, reduces stress and improves mood, improves digestive health, facilitates breathing, look good and feel more confident, increases energy and increases productivity!

**How can you find instant relief through physical movement increase productivity?** Below are 3 simple ways you can start to impact your chances for success!

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# Here are 3 Steps to Take Back Your Power!

## 1. Check your Posture

Simply changing your posture and engaging in expansive postures known as 'power poses' can lower the production of your stress hormones. So, the next time you are presenting in a meeting, I encourage you to try standing a little taller and be open with your gestures. Not only will you capture your the attention of your audience but you will feel more relaxed. (1) (Image: power posture —>)



## 2. Breathing Exercises

Controlled breathing techniques are a promising antidote to combat stress, anxiety and improve mood. What we often don't realise is that when we are stressed our body stores tension and our breathing becomes shallow. Try taking a slow breath in for 5 seconds, hold for 5 seconds and then breathe out for 5 seconds. Repeat 5 times to decrease your heart rate and reconnect to your physical body. (2)

## 3. Physical Movement

There are many forms of exercise that are of benefit for stress reduction, increasing energy and improving posture. Walking in nature is the easiest way to start. By orientating yourself in nature you create a calming affect on your nervous system. Yoga, pilates, meditation and stretching all have a positive effect on your well being and depending on your level of pain and injuries, more vigorous exercise such as strength training, high intensity interval training (HIIT) and running are all relevant and of benefit. (2)(3)



## References

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- (3) Gerber, M., Brand, S., Herrmann, C., Colledge, F., Holsboer-Trachsler, E., Puhse, U. (2014) Increased objectively assessed vigorous-intensity exercise is associated with reduced stress, increased mental health and good objective and subjective sleep in young adults. *Physiology & Behaviour*, August 2014, Volume 135, pp 17-24.

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