



1-MINUTE SITTING EXERCISES TO KEEP YOUR CONCENTRATION

Dear All,

Most of us regularly spend hours working in front of a computer and often end up feeling tense, tired or making more mistake, especially at the end of the day.

What can you do to improve your sitting habits -to sustain your concentration for long and be aware of your wellbeing?

You will find a list of 5 short videos – 1 minute average! – that clearly describe the key areas to stretch and 1 video with a simple tip to help your posture.

<http://www2.thepaleosecret.com/video/sitting-tips.php>

These selected movements can help you sustain your energy and focus, the quality of what you write and prevent the small physical pains – mainly in the neck, shoulders and back – that are common when you sit and forget that you have a body.

The main idea is that moving frequently – every 90 minutes for short periods of 1 to 3 minutes – is far more effective at keeping your energy up than only moving or exercising at the end of the day.

This approach complements the one that we shared at the very beginning in Folder 1: “Basics of PEM”.

Both approaches are easy to fit into your busy, business days.

Une bonne journée!

Giulia

If you wish to receive these posts -the frequency is 5-7 weeks - you are welcomed to join the closed LinkedIn group on Energy Management.
<https://www.linkedin.com/groups?gid=7472737>