

# Posture for Performance



This toolkit offers easy to implement tips and strategies to optimise posture and performance to ease aches and pains

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## Top Tips from Leanne O'Brien

Move away from your desk every 45 minutes to 1 hour.

Set reminders on your computer or on your phone to remind you to move and re-set your posture throughout the working day.

If you want to slouch or sit with your legs crossed then do it, but make sure you return to your relaxed sitting position after 20 minutes.

Get outside and walk during your lunch break to fuel your brain and improve the health of your nervous system.

Sleep is one of the most powerful and important recovery methods we have. If you're not getting enough sleep, your performance will be compromised.

The best exercises are the ones that get done. Find something that you enjoy doing. If you dread going to the gym you're unlikely to stick with it long-term. Learn a new skill or find an exercise class that interests you.

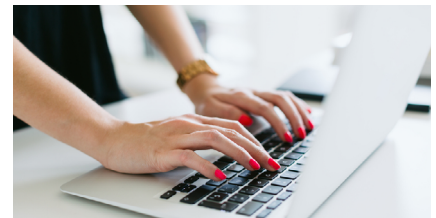
Your desk exercises activate the muscles that you need throughout the day to sit. Incorporate them into your late afternoon routine.

[Click here](#) to set up your work station and ensure you're sitting in the most efficient position.



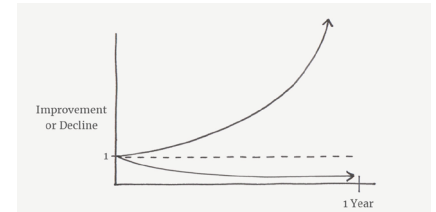
### THE DANGERS OF SITTING

Sitting is often termed the new smoking, is that really the case?



### STANDING DESKS

Read on to find out if standing desks really can boost our health.



### MARGINAL GAINS - TEAM SKY

Don't underestimate the value of making small improvements on a daily basis.



### FOAM ROLLERS

A great way to relieve muscle tension, check out the best of the best here.