Isometric Resisted Cervical Retraction

Brugger Phasic Muscle Upper Body Exercise
Hip Hinge Squat

Warrior Hip Flexor Stretch
Posture Press
Cervical Stabilization
9 Ways Excessive Sitting Can Harm You.

**HEAD**
Sitting for long periods of time can cause blood clots to form which can travel to the brain causing a stroke.

**NECK**
Fluid retained in the legs during the day moves to the neck at night & contributes to sleep apnea. Neck muscles are stressed leading to pain.

**LUNGS**
You are twice as likely to develop a pulmonary embolism, or blood clot, if you sit most of your day.

**HEART**
People who live a sedentary lifestyle are up to twice as likely to die or develop diabetes and heart disease than those who move frequently.

**ARMS**
The reduction of physical activity leads to hypertension or high blood pressure.

**STOMACH**
Excessive sitting contributes to obesity & colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat shut down leading to the disruption of the body's method of metabolizing fuels.

**LEGS**
Fluid collects in the legs during sitting. Standing & walking helps pump it through your body.

**BACK**
Sitting for long periods of time place a high amount on the spine. Over time, sitting can result in compression of the spinal disks. Because muscles are tight from pressure, sudden movements can lead to injury.

**FEET**
Numbness in the feet can be caused by poor circulation. It can also cause nerve damage or pressure on nerves when you sit for long periods.