

LUNCH TIME TALK

10 highly effective stretches for office professionals

This session enables participants to gain knowledge and apply highly effective stretch exercises that can assist in decreasing stress on common discomfort of the neck back and shoulders. They are easy and works on everyone so come and get enlighten.

TOPICS

- Common causes of muscular pain & strains
- Muscle stretch techniques for
 - Front and back neck rotators
 - Arm and forearm stretches
 - Wrist and hand flexions
 - Shoulders tension release
 - Upper and lower back extensions
 - Spinal stretches
 - Calf stretches
 - Ankle flexions and extensions
- Q & A session

TARGET AUDIENCE

This interactive lunch talk is best for anyone who likes to learn effective ways to release muscle tension in a safe manner. This refreshing light afternoon stretch session helps increase your productivity and personal wellbeing at work and at home.

BONUS

Our therapists will be available for 2 extended hours after the workshop to assist all participants with a complimentary 5min posture and pain check while they return to work.

WORKSHOP DETAILS

Time > 12.00pm to 1.00pm
(Time can be determined by company)

Fee > \$0

More about Sports Relief Therapy

Web : www.sportsrelief.sg



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