



POSTURE AWARENESS

- The realities of posture
- What is good posture?
- The importance of understanding your body
- Top tips for good posture

PREVENTING BACK PAIN

- Find out how to reduce the risk of long and short term back pain
- Understand why you need to be strong and flexible
- Key exercises to increase strength and flexibility in your back
- Top tips for preventing back pain

INJURY AWARENESS AND PREVENTION

- Discuss common injuries that may occur as a result of a lifestyle
- Find out how shoulder pain can lead to back pain
- Understand how each joint is connected
- Experience how to prevent and manage these injuries

IMPROVE CORE STABILITY

- What is your core and how does it affect you?
- How does better core stability decrease the risk of injuries?
- How are core stability and balance linked, and why are they so important?
- Find out and experience some simple exercises to increase core stability and balance