

THE WCR LEARNING COMMUNITY

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Ginette Biro (left) shows students how to stretch at their desks.
Rick MacWilliam, *The Edmonton Journal*

Sitting is a pain

Level 2

Adapted from *The Edmonton Journal*
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Ginette Biro is a personal trainer. She teaches people how to exercise. Biro also trains students to stretch.

Sitting for a long time can be hard on the body, especially the back.

Biro says it is very important to keep our shoulders back. "Sit with both feet flat on the ground."

This posture "keeps hips nice and flat and the spine aligned," teaches Biro.

Get up from your desk and take breaks often. Stand if you can, and then stretch. Relax, breathe, and hold your stretch for 30 seconds.

Illustrations

Keep these at your desk



Illustrations by Nola Johnston

Note: This is a guide. If you feel pain, please stop. Please see your health care professional before you start any exercise or stretching program.