

Fitness and You

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What do you notice?



"High Power" body language (top row)
vs.
"Low Power" body language (bottom row)

(Images courtesy of Amy Cuddy, Harvard University)



Our posture affects our health.

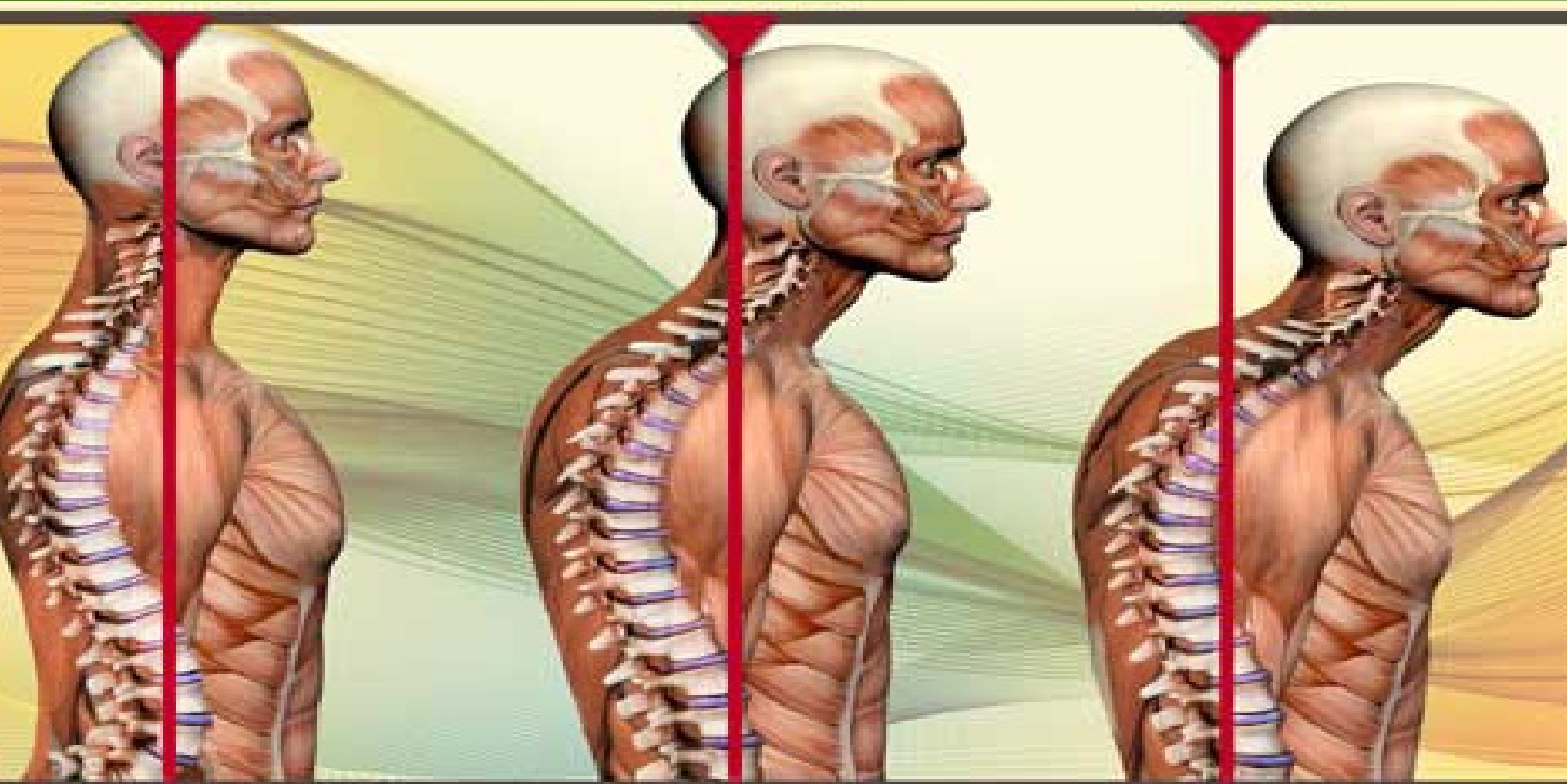


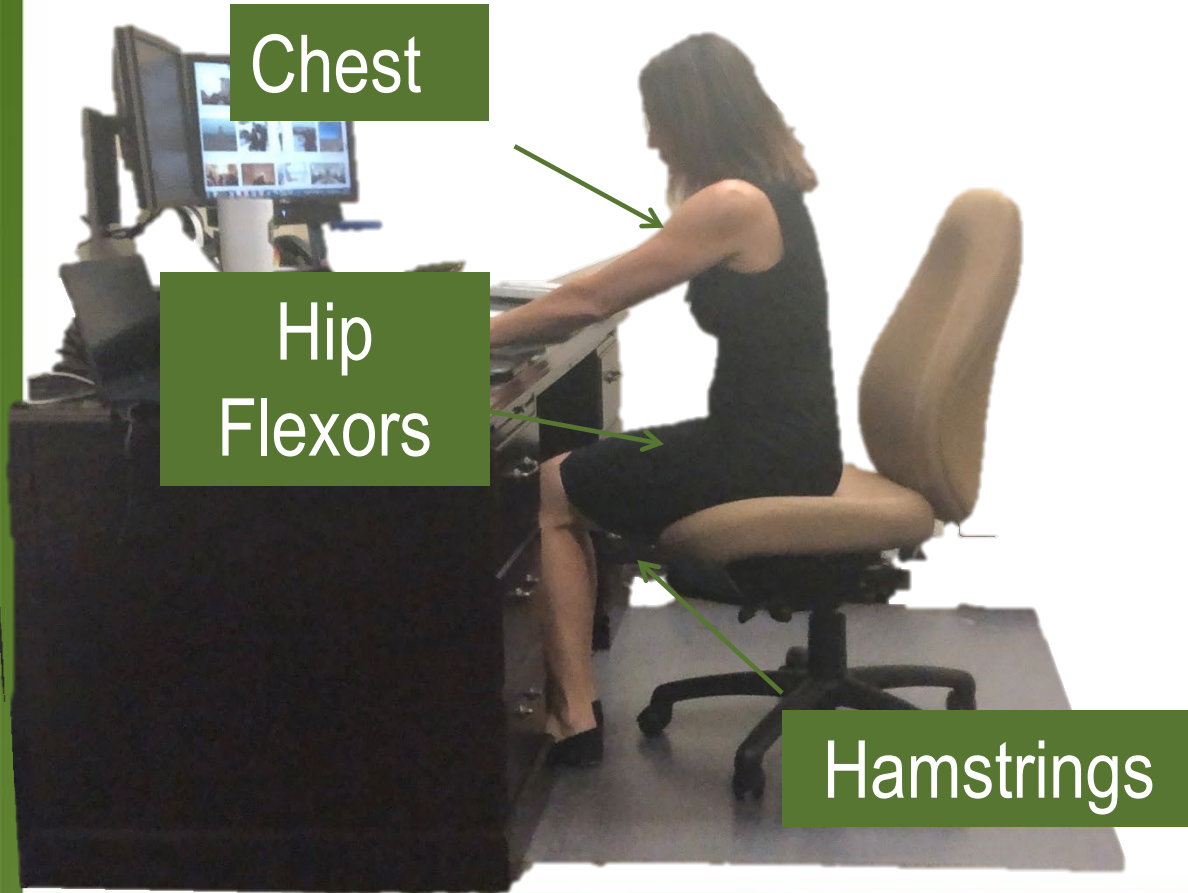
Figure 1

Question: What muscles get tight when we sit?

Chest

Hip
Flexors

Hamstrings

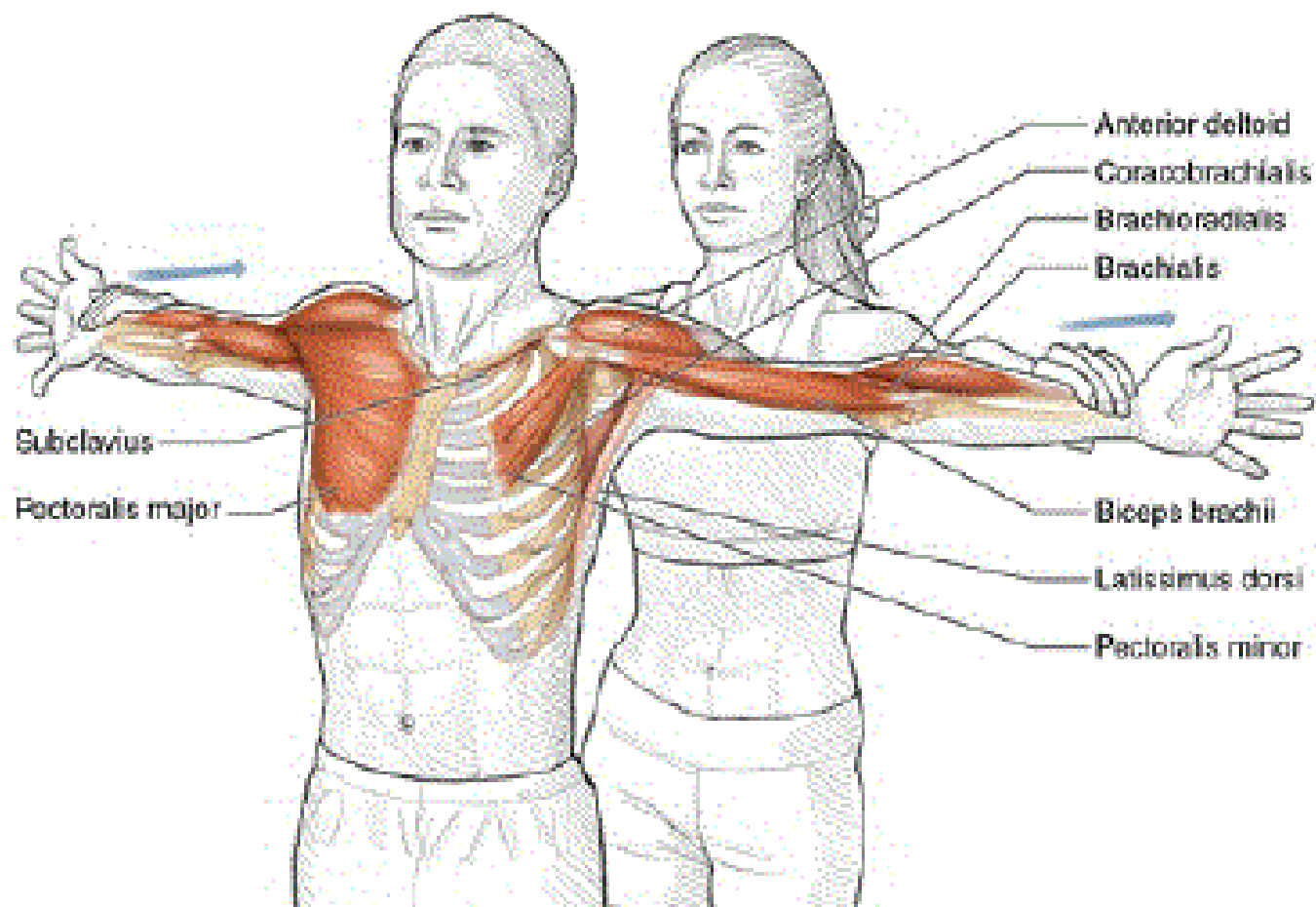


What can we do about it?

3 Simple Stretches



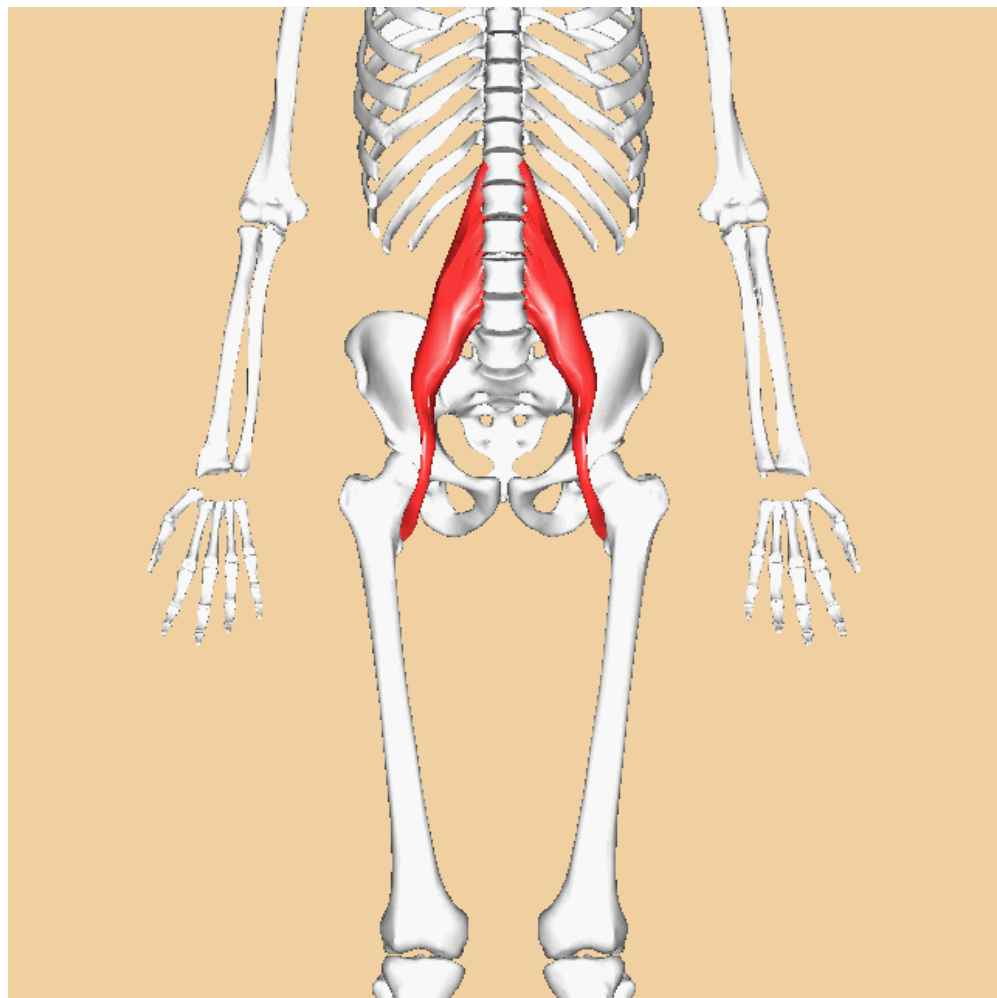
Single Arm Chest Stretch



Standing Hip Flexor Stretch



Psoas major





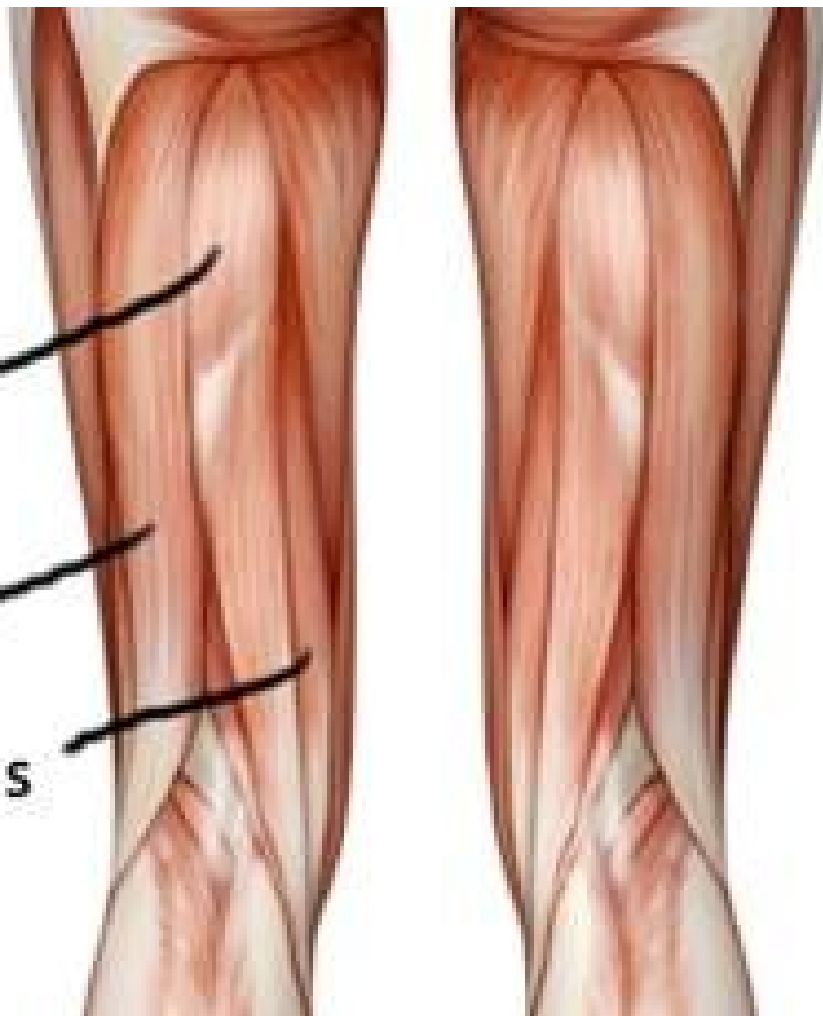
Seated Hamstring Stretch

Hamstring Muscles

Biceps Femoris

Semitendinosus

Semimembranosus



NEW! ERS Wellness Webpage



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Thank you!

For more info please visit our wellness page at

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