



**Be Fit 2 Sit - Feel and Function your best with fun and easy posture. Ergonomic and exercise strategies with Dr Kym Siddons**



# COURSE

**In today's digital age, prolonged sitting and improper workstation setups can lead to discomfort, decreased productivity, and long-term health issues. Dr. Kym Siddons' course, "Be Fit 2 Sit: Feel and Function Your Best with Fun and Easy Posture, Ergonomic, and Exercise Strategies," offers practical solutions to help individuals enhance their well-being and efficiency at their desks and beyond.**



## About This Course

Dr. Siddons, a seasoned Sports and Exercise Physiotherapist, provides participants with:

**Posture Optimisation:**

Learn techniques to maintain healthy postures during extended periods of sitting.

**Ergonomic Enhancements:**

Discover how to set up your desk and devices to minimise strain and maximise comfort.

**Incorporation of Movement:**

Integrate regular, simple exercises into your daily routine to boost energy levels and prevent discomfort.

**Targeted Stretches:**

Implement specific stretches designed to alleviate tension and promote flexibility.

By focusing on these four key pillars, participants can improve their physical resilience, enhance brain function, and reduce the risk of pain associated with prolonged sitting.

**About the Presenter:**

Dr. Kym Siddons is a sports and exercise physiotherapist and occupational health physiotherapist with over 25 years of experience. She has worked with elite athletes, including the Australian Women's Cricket Team, and is an accomplished speaker, author, wife, and mother of three. Through her workshops in schools and workplaces, as well as her online programs, Dr. Siddons empowers individuals to develop healthy work and study habits, promoting overall well-being and success.





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## Why This Course Will Benefit Families:

Incorporating ergonomic principles and regular movement into daily routines can significantly enhance the health and productivity of all family members. This course enables families to:

- **Promote Healthy Habits:** Encourage the adoption of proper posture and regular movement among both adults and children.
- **Enhance Study and Work Environments:** Optimise home workspaces to support comfort and efficiency for work and study activities.
- **Prevent Discomfort:** Reduce the risk of strain and pain associated with prolonged sitting, benefiting overall family health.

By implementing the strategies taught by Dr. Siddons, families can create a supportive environment that fosters physical well-being and productivity. Join Dr. Kym Siddons in the "Be Fit 2 Sit" course to learn fun and easy methods to feel and function your best, enhancing your daily life at the desk and beyond.

