

Be Fit 2 Sit – Feel  
and Function Your  
Best with Fun and  
Easy Posture,  
Ergonomic and  
Exercise Strategies  
with Dr. Kym  
Siddons

# COURSE

Discover how to boost energy, comfort, and focus through simple movement, posture, and desk setup strategies designed for modern work and learning.



## About This Course

In a world where we sit more than ever before, our bodies, and our focus, often pay the price. In this energising and practical session, Dr. Kym Siddons, Sports and Exercise Physiotherapist and founder of the *Be Fit 2 Sit* movement, shares fun, science-backed techniques to help you feel and function at your best, whether at your desk, in the classroom, or at home.

Participants will explore how small daily changes to posture, workspace setup, and movement habits can dramatically improve comfort, productivity, and overall well-being. Through hands-on demonstrations and simple strategies, you'll learn how to work *with* your body, not against it.



## Learning Objectives

By the end of this course, educators will be able to:

**Optimise Posture:**

Develop awareness of natural, balanced sitting and standing postures that support energy and focus.

**Enhance Ergonomics:**

Learn how to adjust your workstation or classroom setup to reduce strain and discomfort.

**Incorporate Movement:**

Integrate quick and effective movement breaks throughout the day to recharge both body and brain.

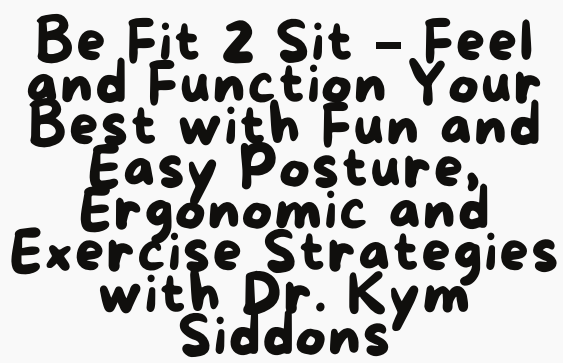
**Relieve Tension:**

Use targeted stretches to ease tightness, promote flexibility, and prevent injury.

**Build Sustainable Habits:**

Create long-term routines that prioritise physical health and support productivity.





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### **Why This Matters for Educators and Families**

Healthy movement isn't just about fitness, it's about feeling good, thinking clearly, and performing at your best. This course helps participants:

- **Reduce Stress and Fatigue** – Discover movement-based strategies that re-energise you during long workdays.
- **Enhance Learning and Focus** – Learn how posture and movement can improve concentration and engagement in classrooms or at home.
- **Model Healthy Habits** – Equip both adults and students with techniques to maintain physical well-being in a seated world.
- **Create Balanced Environments** – Transform classrooms and home workspaces into places that promote comfort, posture, and positive energy.

### **About the Presenter**

Dr. Kym Siddons is an experienced Sports and Exercise Physiotherapist and Occupational Health Specialist with over 25 years of experience working with elite athletes, educators, and families. Her diverse career includes supporting the Australian Women's Cricket Team, advising schools and workplaces globally, and developing innovative online programs that help people move better and feel better.

As an author, speaker, wife, and mother of three, Kym is passionate about helping people of all ages overcome the physical challenges of modern life. Her *Be Fit 2 Sit* approach provides simple, accessible ways to integrate posture awareness, movement, and ergonomics into everyday routines.

### **Perfect For**

- Educators and students seeking simple strategies to boost energy and focus throughout the school day.
- Families wanting to create healthier, more comfortable work and study spaces at home.
- Professionals aiming to improve posture and prevent pain during long periods of sitting.
- Anyone who wants to move more, feel better, and perform at their best, without needing a gym.

