

YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Back-Care Starter Plan

For anyone whose lower back aches after a long day at a desk. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ **CHECKED AGAINST** MAYO CLINIC · NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE

80%

Get low back pain

Up to 8 in 10 people will have low back pain over a lifetime, per NINDS.

~90%

No red flags

Most acute low back pain is mechanical and not a sign of anything serious.

30 to 60

Minutes, then move

Break up sitting on a timer. Staying in one position for hours stresses the spine.

1

Break Up Your Sitting Every 30 to 60 Minutes

Move on a timer

WHY IT WORKS

Mayo Clinic warns that sitting in the same position for hours is not good for your body and advises getting up to walk around as often as you can. The supporting muscles of the low back are built to move.

COACH'S NOTE

The best posture is your next posture. A two minute walk every half hour does more than any perfect chair.

- ☐ Set an hourly reminder ☐ Stand or walk 2 minutes ☐ Add a short stretch

MAYO CLINIC, 2023

2

Fix Your Desk Setup

Support the natural curve

WHY IT WORKS

Mayo Clinic office ergonomics: choose a chair that supports your spine, keep your feet flat on the floor or a footrest, hold your low back in its natural curve, and set your screen at eye level so your neck stays neutral.

COACH'S NOTE

Set the chair up once, well, and it stops quietly working against you for eight hours a day.

- ☐ Chair with lumbar support ☐ Feet flat, thighs level ☐ Screen at eye level

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Move and Strengthen Most Days

Walk, then build

WHY IT WORKS

Mayo Clinic links walking, yoga, and Pilates with back-pain improvement, and notes that regular exercise strengthens the muscles that support the back and helps keep a healthy weight that loads the spine less.

COACH'S NOTE

Motion is the medicine, not bed rest. Steady activity plus a little strength work makes flare-ups rarer and shorter.

- ☐ Walk most days ☐ Yoga or Pilates weekly ☐ Core and back strength 2x a week

MAYO CLINIC, 2024

THE EVIDENCE, AT A GLANCE

WHAT HELPS YOUR BACK

- ✓ Getting up and moving often
- ✓ A chair that supports your spine's natural curve
- ✓ Walking, yoga, and Pilates
- ✓ Strengthening the core and back

WHAT WORKS AGAINST IT

- ✗ Sitting still for hours
- ✗ A slumped desk posture
- ✗ Long stretches of bed rest
- ✗ Assuming the worst and avoiding movement

FULL SOURCES

Mayo Clinic, Office ergonomics: Your how-to guide (2023). Mayo Clinic, Back and neck pain: prevention is key (2024). National Institute of Neurological Disorders and Stroke, Back Pain (2023).

AgelessCoach · agelesscoach.com

You received this because you asked for the plan from "The Sitting Habit Quietly Wrecking Your Lower Back." The Ageless Brief arrives weekly: one study, translated, no hype.

This plan is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before making changes to your diet, exercise, or health routine.