

## Wellness Class Resources: Posture and Body Mechanics 2025



*Living with pain can affect all areas of your life. No one can do it alone.*

### ***Movement Options for Every Body. All Shapes, Sizes and Abilities.***

*These are general resources; speak with your care team before incorporating new types of movement. Start gently and don't push too hard, it can take a while to find the right movement for you. Consult with your healthcare provider regarding safety and appropriateness before incorporating any new form of exercise.*

### **Audios/Videos Played in Class:**

Body Mechanics for Household Chores: <https://youtu.be/Eg2sNkLAaVY>

### **Referenced In Class:**

#### **Stop Light Challenge:**

Use a stoplight, a TV commercial, or even grabbing your phone as a cue to check in with your body.

Ask yourself:

- What position am I in right now? For example, if you're driving, notice how far forward your head is from the back of the seat.
- Can I make a small adjustment to sit or stand more upright? Use this moment to gently realign and spend more time in an upright, balanced position.

This daily practice helps build postural awareness, one small moment at a time.

### **You Might Also Like:**

- *Body Mechanics and Ergonomics:*
  - Ergonomics: <https://www.youtube.com/watch?v=syFev-0jRnQ>
  - Ergonomics Explained-Proper Office Posture by DocJenFit: <https://youtu.be/Zditl9OIDjM>
  - Body Mechanics - Laptop Posture: <https://youtu.be/vFXf9zpuzmg>
- *Meditations:*
  - [Body Awareness Meditation - Led By Jacob Aqua on Insight Timer](#)
  - Guided Progressive Muscle Relaxation (PMR): [https://www.youtube.com/watch?v=7sliyoamDLg&ab\\_channel=BoomerangHealthcare](https://www.youtube.com/watch?v=7sliyoamDLg&ab_channel=BoomerangHealthcare)

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- **Dance:**
  - 30-minute Senior Zumba Cardio Workout: <https://www.youtube.com/watch?v=WYdJHpQL8-k>
  - Zumba® 30-Minute Beginners Latin Dance Mini-Workout: <https://www.youtube.com/watch?v=mZeFvX3ALKY>
  - Nia Technique: <https://www.youtube.com/@NiaTechnique>
- **Gym Fitness:**
  - Body Positive Workouts: <https://www.instagram.com/iamtulin/>
  - Seated Cardio Exercise: <https://www.youtube.com/@metrophysicaltherapy>
  - Hybrid Calisthenics: <https://instagram.com/hybrid.calisthenics?igshid=YmMyMTA2M2Y=>
  - LGBTQIA+ Body Positive: <https://instagram.com/bodypositivefitness?igshid=YmMyMTA2M2Y=>
  - Proprioceptive/Postural Exercises: [https://youtu.be/JWp\\_uCFebk0](https://youtu.be/JWp_uCFebk0)
- **Pilates**
  - Pilates for Chronic Pain: [https://www.youtube.com/watch?v=n\\_UD\\_gT5oDQ](https://www.youtube.com/watch?v=n_UD_gT5oDQ)
  - Pilates Playlist: <https://www.youtube.com/playlist?list=PLPy5QtaUMuhCc82EKuVOax8eam1GSUSjM>
- **Tai Chi + QiGong**
  - Tai Chi For Rehabilitation : <https://www.youtube.com/watch?v=6nCaiM9yd9w>
  - Tai Chi for Better Balance by Silver Sneakers: [https://youtu.be/KTba3p\\_bM9c](https://youtu.be/KTba3p_bM9c)
  - Better Balance Mini Qi Gong Routine: <https://youtu.be/xWxMYgcadWc>
  - Easy 25 min Qi Gong Routine: <https://youtu.be/fADrBXkVruY>
- **Yoga**
  - 30-min Total Beginner Yoga: <https://www.youtube.com/watch?v=DkgJ82UVQ7c>
  - 10-min Beginners Yoga: <https://youtu.be/v-0KCLicPt0>
  - Accessible Yoga: <https://www.accessibleyoga.org/>
  - Seated Yoga by Body Positive Yoga: <https://www.youtube.com/watch?v=MYvz08n0JOo>
  - Yoga for Mobility by Find What Feels Good: <https://fwfg.com/catalog>

### Mental Health Resources:

*If you are experiencing a suicidal crisis or mental health-related distress, please contact 988 via phone or text. This is free, confidential, and available 24 hours a day. You may also find information on their website [www.988lifeline.org](http://www.988lifeline.org).*

*If you are experiencing food or housing insecurity and need access to mental health and other social services call 211. This free service will connect you with local organizations offering services. You may also find information on their website [211.org](http://211.org)*

## ***Body Mechanics Guidelines***

### **Lifting/Loading**

Ideally, you want to place heavy objects in a more convenient position for lifting. If you have a choice, try not to lift a heavy object off the floor. If you have no choice but to lift from the floor, follow these guidelines:

1. Make sure you are facing the object you are about to lift.
2. Stand close to the object. You want your hips to be squared directly above it, you may stagger your stance to achieve this.
3. Bend your knees to get closer to the object if the object is on the ground.
4. Keep a slight arch in the lower back and incline the trunk slightly – neutral spine.
5. Make sure you have a stable hold of the object and bring it close to your body.
6. Lift using your arms, core, and legs. NOT with your back!!!
7. Avoid twisting your body as you lift. Stand all the way up first and use your feet to turn your whole body if you need to turn while holding the weight.

### **Reaching**

Ideally, you wouldn't want to reach and spend time in this position. If you have an option of bringing the object or the activity, you're working on closer to you, do so. If not, follow these guidelines.

1. Face your work and get as close as you can.
2. Avoid standing on both feet and standing on your toes. Instead, you may step one foot forward and use the back leg to weight shift yourself to get a little bit taller.
3. Store frequently used items within easy reach so you won't even have to reach
4. Use a foot stool or a ladder to get yourself closer to the object or activity.
5. Take frequent breaks if working overhead.

### **Pushing/Pulling**

If you have a choice between pushing or pulling, choose to push because pushing is more mechanically efficient

1. Keep a slight bend in the elbows
2. Keep your back neutral, bend your knees to push
3. Push with the back foot first, followed by the front foot
4. Reposition your body as you push, don't let the load get far ahead of you
5. Plan your course of action
6. If you don't have a choice but to pull, use your legs and be careful not to pull from your back or your arms

### **Movement Variation**

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Add variation to your movements whenever possible. This variety will help make your nervous system more adaptable, can turn down your pain and help your movements be more fluid. Reach out to your care team for support with your specific situation.

### Variations to consider

1. Experiment with different ways of sitting or using various chairs throughout the day. You can sit up straight for a while and then move to a stability ball. A little later use a different chair. Keep rotating positions throughout the day.
2. Try seated activities standing. If you spend a lot of time on a computer, elevate your monitor to switch to standing for a while. You can change your feet to a wide stance and then go back to normal to mix it up. Do all your Wellness Zoom classes standing up. We even have some patients we see on treadmills or exercise bikes during class.
3. Do mini workouts at commercial breaks while watching TV. You can also use cues like an alarm or a Fitbit to remind you to stand up and move around.
4. Put on some uplifting music and have your own private dance party. This is good for your body, mind and mood.
5. Buddy up with your roommate/partner/co-worker and remind each other in a friendly supportive way to keep moving.
6. Use Post-It notes and tell yourself to take breaks.
7. When you make a phone call, take it outside and walk.
8. Keep your cell phone across the room so notifications help you move more.
9. Take a stroll during your lunch break to get some natural light and fresh air.
10. Take any opportunity to move and do things for yourself.
11. Sit in a slightly uncomfortable chair with no padding so that you're motivated to get up more often.

Pick one or two of these and commit to doing it every single day. Simple consistent steps will pay off.