



Easy Daily Mobility Exercises

Length: 30min; 1hr.

Delivery modes: Onsite & Virtual Sessions, Pre-recorded tutorials, Conferences - Breakouts / Ice breakers / Energy Boosters.

Details: With sedentary occupations on the rise, and technological advances replacing human labor, convenience is now more accessible than ever. Body movement is becoming more of a choice rather than a necessity. This has seen many opt for a lifestyle of comfort, which has led to a spike in physical inactivity – a leading cause for fatigue, depression, and other avoidable risks.

This session is a collection of daily mobility routines to build up strength and physical fitness – designed for desk bound employees, remote workers and individuals with increasingly sedentary lifestyles. It includes sets of exercises that work on creating movement throughout the body. The intention is for participants to find what works for them, and integrate movements into daily routines for improved cardiovascular, musculoskeletal and mental health.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be construed as, or replace medical advice. For personal issues concerning health, participants are advised to make sure they are in good physical condition before attending, conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.