Up and at ‘em!
Office Yoga

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What is CommonHealth?
WHAT IF I TOLD YOU THAT READING A POWERPOINT ALOUD IS NOT THE SAME AS TEACHING
Sitting is the new smoking.
Who has time for the gym?

- If you can’t get to the gym, look at what’s around you at work...
What causes joint pain?
Is it Arthritis?
How can you protect your joints?

“Just a little oil and I’ll be fine.”
What else may help?

- Supplements
- Acupuncture
  - Yoga
- Tai Chi
- Massage
It is important to recognize that there is a difference between the discomfort that is normal with exercise and real pain that signals something isn’t right.
Try the seven minute workout.


Utilize CommonHealth!

- Invite CH to your office.
- Find a volunteer to be your Agency Coordinator.
- Use our website.
- Check our facebook page.
- Give us feedback!
Questions?
Thank You!

For more information visit: www.commonhealth.virginia.gov and like us on facebook www.facebook.com/commonhealthva