

THE SITTING PROTOCOL

Change the way
you sit on
any chair, anywhere.



TIME TO SIT ON SOME FACTS



PAID TO SIT

81% of Australian workers report of some exposure to sitting at work and half of workers report sitting at work 'often' or 'all the time'.

This does not account for time spent sitting outside of work, however it is estimated that one can spend an equal amount of time sitting outside of these hours.

WHY NOT STAND?

Our bodies are designed to stand and move for long periods of time and we automatically shift our weight and move around while standing.

Standing initiates key physiological processes and prevents both the repetitive stress and muscle degeneration that is caused by sitting.

But the simple fact is that there is NO correct prolonged sitting position.

8 HOURS +

Australian adults, on average, spend an estimated 5 hours per day sitting, with a quarter of the population sitting for more than 8 hours per day.

SITTING DUCKS

A large study of more than 200,000 Australian adults examined sedentary behaviour and death from all causes within a period of 3 years.

Here is what they found compared to those sitting for less than four hours a day:

Hours spent sitting a day	Increased risk of death (all causes)
4-8	2%
8-11	15%
11+	40%

HERE IT IS... THE PROTOCOL

To test if a seat is working with your body:

1. Sit on the chair in an upright position.
 2. Take a deep breath in, breathe out completely, relax all of your muscles and let your body slump to whatever posture is most comfortable and feels most natural.
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Signs of a NEGATIVE test

Your shoulders/head/torso roll forward, your breath is short or you feel any discomfort. If this is the case, try the following:

- Ensure your chair is flat or slightly raised at the back. A seat wedge is a great tool.
 - Ensure your knees are slightly lower than your hips.
 - Ensure your bottom and back are positioned at the back of the chair, to avoid leaning back onto it.
 - Ensure any head rests are not pushing your head forward.
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REPEAT THE TEST

Signs of a POSITIVE test

You are sitting upright with minimal slouching, your breath is deep and goes all the way into your stomach and your position is engaging all of your spinal curves without discomfort.

If after doing the protocol you are still rolling forward (even slightly), you may have SUBLUXATIONS present in your body. If this is the case, check in with one of our chiropractors for a full assessment.

THANK YOU FOR READING OUR GUIDE FOR SITTING...

Informed decisions are the best. We don't want you to make your health decisions blindly... after all, you've only got one body! Please check your inbox, our Facebook page, our Instagram or our website at www.chiropracticonunley.com to discover more tips and tricks for optimising your body.

If you know others who are sitting all day please forward this guide on to them. You never know how far something you think, say or do today, will reach and affect the lives of millions tomorrow.

We hope that you are able to make any seat work with your body. It is important to note that your nervous system controls every cell, tissue and organ in your body and cannot function properly when it is stressed. So, the way you sit everyday may be doing more harm than good.

The time is always right to thrive, so why not call the friendly team at Chiropractic on Unley on 08 82725899 to book your adjustment today.