



## **17 Yoga Stretches For The Office Workers: Is Your Office Job Slowly Killing Your Body?!**

*Mr. Ervin Ruhe Jr.*

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In the 21st century, a whole lot of people are working at desk jobs where they scarcely get enough movement and exercise into their daily lives. The sad thing about this fact is that many office workers either do not know or just do not care that they are destroying their bodies with long hours in bad postures on the job! If you work in an office and your back is killing you. The human body is an amazing thing. If you take good care of it, it can give you untold hours of productivity and efficiency, but if you abuse it all day long with long hours at the office, it can start to break down on you and cause you all sorts of musculoskeletal ills! I know all about how posture and the right movements are vital to the health of the human body, and when I see office workers just putting in long hours every day, it makes me seriously concerned about their musculoskeletal health. In my ebook, you will discover all you need to know about using just a few minutes of Yoga every day at the office in order to avoid troublesome musculoskeletal problems in your life. A lot of people who have not used Yoga at the office think that it is impractical for the office setting?that Yoga is just about striking various poses. Yoga features rehabilitative benefits that are the antidote that every overstressed office worker needs. So, for example, if you have been getting a lot of back pain and the like from working too long at the office, just incorporating a few, basic Yoga stretches over the course of your workday will work wonders for you. I will show you some of the stretches you can use to make your working day that much more stress-free. And if you should reduce your back pain and even lose weight while doing the stretches, then so much the better! A repetitive stress injury (RSI) is an injury to the nervous system and musculoskeletal system that might be brought about via repetitive tasks, awkward or sustained positions, pressing toward hard surfaces, vibrations and even forceful exertions. If you practice Yoga regularly throughout your working day at the office, you can actually prevent the risk of an RSI occurring to you! Just think: You spend all day with your back leaning against a hard chair, and your fingers may also be constantly using the keyboard or using the mouse, thereby always holding the same position. Protect your joints because they won't do it themselves If you work in an office, you may well not really understand that your joints are at great risk because of the bad posture you keep all day long, sitting at your desk. However, this is a real and present danger because of your lack of movement and sedentary habit of sitting for hours on end. Yoga has the effect of lengthening the muscles and also strengthening both the connective tissues and ligaments around the joints. When this occurs, your joints are more protected, thereby reducing the problem of aching joints, for one thing. There is nothing worse than having to endure aching and tight joints the whole day long while at work?just think of how that interference will ruin your productivity and also your efficiency at being able to do the job well! If you are sick and tired of tired and aching joints, do not put up with them any longer! Instead, try out my new Yoga for the Office Worker ebook to find out how to protect your joints while at work. You should love your body enough to make sure that you do not overstress it at the office, especially if you work long hours every working day of the week. My new Yoga for the Office Worker ebook will help you do just this, and you can download it and purchase it at this link. Order now to get all of the wondrous benefits of the information contained in my new ebook. Thank you so much for taking the time out to really understand the benefits that Yoga can provide to the average and overstressed office worker. I really look forward to helping you launch a healthier lifestyle while you work hard at the office each and every day.

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