



pilates center
OF ROCKVILLE

Presents

Healthy & Well at Work
A Workplace Wellness Workshop



Yes, there is an alternative.



WHY HEALTHY & WELL AT WORK?

The health and well-being of your workforce is critical to the success of your business. Recent studies have shown that extensive periods of sitting and poor head and neck position contribute to pain, tension, fatigue and stress that diminish employee performance and productivity at work. They have also shown that even when employees have a regular exercise routine; it does not counter-act the effects of prolonged sitting. The only way to prevent and alleviate these issues is to improve the structural support and alignment of the body while at work and incorporate simple movements throughout the workday. While your employees ultimately manage their own fitness and wellness, you can help improve their ability to focus and feel good at work through the Healthy & Well at Work Workshop.

Benefits to Employees & Employer

- ✔ Reduces chronic pain & discomfort
- ✔ Reduces tension & stress
- ✔ Increases mental focus and body awareness
- ✔ Increases productivity
- ✔ Improves posture
- ✔ Strengthens the core
- ✔ Increases vitality and sense of well-being
- ✔ Demonstrates your values & commitment to employees

WHAT WE DO

This workshop is practical, functional and designed for the office worker. The human body is engineered for movement, not for long periods of sitting. We teach participants how to improve the structural support and alignment of the body while sitting and standing, and how to incorporate simple movements throughout the workday to help counter-act the negative effects of the modern environment. Everything we do is suitable for the workplace, does not require equipment, and is not intrusive to the work environment. We will:

- ✔ Explore the structural anatomy of the core.
- ✔ Learn about proper posture and alignment.
- ✔ Learn and practice healthy sitting and standing.
- ✔ Learn how to align the body with the workspace.
- ✔ Learn and practice healthy movements from head to toe that can be easily incorporated into the workday.
- ✔ We address the head, neck, shoulders, arms, pelvis, spine, abdominals, legs and feet.
- ✔ Participants will leave with a new understanding of their bodies, and practical tools and strategies.

ABOUT US

Workshop creator and presenter, Aliyah Hardy, is a movement educator and owner of Pilates Center of Rockville. She specializes in helping to improve the health and functionality of the body by creating customized individual and group movement programs. She draws on her training at the world-renowned *The Pilates Center* in Boulder, Colorado, hands-on teaching experience over the years, education and expertise in structural engineering and dynamics, and specialized training with some of the world's foremost movement educators.

We're ready to help your organization and your employees today. We make it easy by coming to your workplace during hours convenient for you. For more information on the Healthy & Well at Work Workshop, contact Aliyah Hardy at aliyah@pilatescenterofrockville.com or 703.626.7705.