

The Art of Workplace Exercises for Better Physical Health

Implementing a
"Workfit Workforce"
through an
"Exercise@Workplace"
program can create---

Active
Office

Fit
Office

Productive
Office



Dr. Anil Sharma

Preventive Physiotherapist
He also had the honor to treat
EX.PRESIDENT of India .

The Ball sitting

- Working while sitting on an exercise ball, also known as a stability ball, is becoming increasingly popular as an alternative to traditional office chairs. This practice is believed to offer several benefits, including improved balance and agility, engages core muscles, posture, overall stability and coordination.



Assessment, education and awareness

- On site Evaluation , assessment and implementation of possible solutions.
- Postural awareness on site while doing different activities in office.



Implementation

- Teaching different form of exercises which can be done around your working desk.



The Inspiration

- Group exercises session for employees to build culture .
- Group activities can also be incorporated based out of exercises

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Dr. Anil Sharma is a post graduate in Physiotherapy, profoundly talented and resourceful Physiotherapist with 30 year's of experience in Physiotherapy with specialization in rehabilitation of Orthopaedic, Neurologic, Paediatric, Geriatric, Gynaecological, Chest, Cardiac Rehabilitation, and Sports Injuries.

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Manual Therapy Foundation of India (M.T.F.I); No. 2006 M122.

