

# SITTING IS THE NEW SMOKING!

Office workers are sitting between 12 and 14 hours per day with some sitting up to 16 hours per day.

This is a leading cause for office workers getting back & neck pain, depression and even serious illness.

More days are lost from work due to minor neck & back complaints than any other cause and anywhere from 2-3% of all working hours are lost through absenteeism which costs an average employer around \$2500 per employee per year!

That's where we come in...

## PHYSIO YOUR DESK



**REGISTER NOW**

[admin@nextgenphysio.com.au](mailto:admin@nextgenphysio.com.au)

**CALL 4965 5712**

[www.nextgenphysio.com.au](http://www.nextgenphysio.com.au)

**NEXTGEN**  
PHYSIO

# PHYSIO YOUR DESK



**FIRST 5  
EMPLOYEES  
FREE**

## **INCREASE PRODUCTIVITY AT WORK!**

Does your staff suffer from neck or back pain?  
Do they know how to stretch?  
Do they need a massage?  
Are they suffering from headaches?

With 'Physio 2 Your Desk' our physio's will come to your workplace and massage & stretch your staff at their desks.

The 'Physio 2 Your Desk' program includes:

- 1 x 10 minute session for all employees at their desk; massage + stretching + desk set-up advice
- 1 x 20 minute group seminar for employees on posture, how to prevent pain at work and the best neck and back stretches.

**HAVE YOUR EMPLOYEES PARTICIPATE IN  
MASSAGE + GROUP SEMINAR**

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