

Sport: teamwork and muscle power

As a team, we love keeping active at Posturite. In fact we're proud that **21%** of the Posturite workforce has a degree in Sport Science! We're fascinated by anatomy and physiology and we're bursting with knowledge to share with you on ergonomics, health and wellbeing.



Physical benefits of 4 sports

Don't just watch it: get stuck in



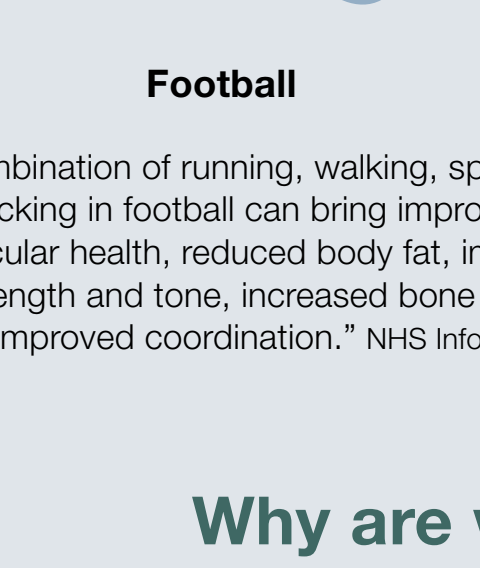
Tennis

"Tennis offers a great workout from a cardio fitness perspective as well as working out muscles across your body, from your core to your glutes." LTA



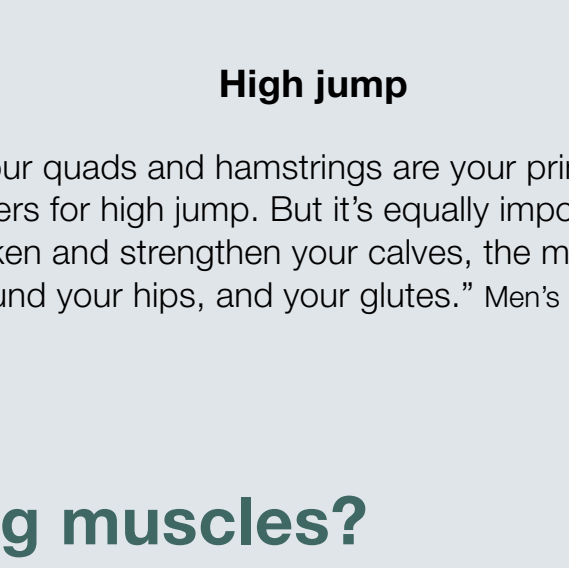
Golf

"There are four stages of golf fitness: mobility, stability, strength and power." Head of Golf, University of Exeter



Football

"The combination of running, walking, sprinting and kicking in football can bring improved cardiovascular health, reduced body fat, improved muscle strength and tone, increased bone strength and improved coordination." NHS Inform



High jump

"Your quads and hamstrings are your primary thrusters for high jump. But it's equally important to awaken and strengthen your calves, the muscles around your hips, and your glutes." Men's Health

Why are we discussing muscles?

Because at Posturite we're on a mission to reduce risk of musculoskeletal disorders. **We want to look after your joints, bones and muscles, and prevent pain.**

What can sportspeople teach us that we can use in business?

JOB SATISFACTION

"It's better to do something you love, even if you're not as successful at it, than something you hate, even if you're a big success."

Andy Murray
Tennis champion

"This is my life and I absolutely love it. I wouldn't change it for the world. I've done things that other people couldn't dream of."

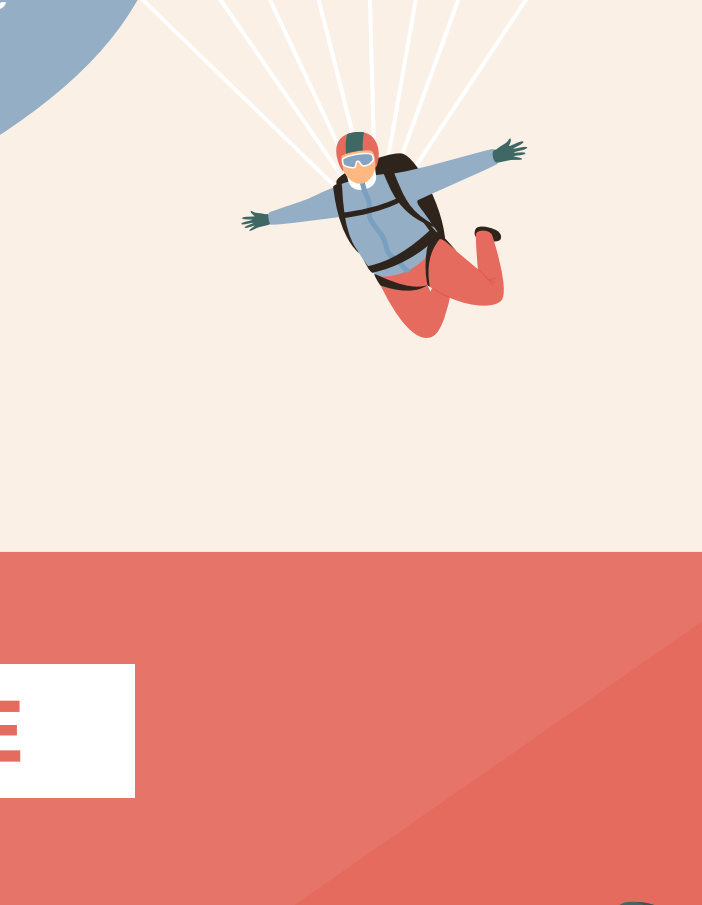
Jonnie Peacock
Sprint champion

Jonnie almost died after contracting meningitis at the age of 5

COMPETITION

"Invest your energy into your own performance. There's a team that has beaten us when it counts twice now. It would be easy to watch them and think of their advantages such as 'they've got more money to train'. Instead, I focus on me and my team. What can we do that will help us achieve our goal and don't waste time on what you can't control."

Laura Hampton
Skydiving champion



CONFIDENCE

Serena Williams was supremely confident, even at the age of 11! At this tender age, an interviewer asked her "If you were a tennis player, who would you want to be like?"

Her reply: "Well, I'd like other people to be like me."

We asked Team GB gold medalist hockey player **Helen Richardson-Walsh** how she had the **confidence** to become the youngest ever female hockey player to represent Team GB at an Olympic Games?

"At the 2000 Olympics in Sydney at the age of only 18, I had the feeling of really knowing my role in the team and could deliver it. I would always concentrate on doing the basics consistently well — this meant I was playing to my strengths. For anyone in any role, when you play to your strengths, you can't really go wrong."

PLANNING

"If you have to decide in the moment what to do, often it's too late. That's why the 'if-then' planning for various scenarios or sequences of events is so important. You might find a meeting with potential investors going sideways. You can mindfully manage your reaction to obstacles when they come up."

Alex Cohen
Senior Sport Psychologist,
U.S. Olympic Committee

"Everybody has a plan until they get punched in the mouth."

Mike Tyson
Boxing champion

It's not just sports stars who need to look after their bodies. What can we all do to improve our health during our working day?

Look after your back

Move every 20-30 minutes! Also ensure your office chair supports your body in a good position and is flexible enough to fit your physical dimensions.

Look after your neck

Check your positioning at your workstation. For most people it's correct to place the top of your computer screen level with your eye line.

Look after your wrists

Always try to work with your wrist in line with your forearm and your forearms horizontal. Use a height adjustable ergonomic chair too to get your position just right.

[See more on our 'Workstation Set-up Cheat Sheet' >](#)

How does a winning team behave?

"We had plenty of behavioural expectations as part of our build up to the Rio Olympics; one of the most important was that 'we stamp out fires early'. Every team will have little sparks being set off on regular occasions, and whether it is to do with interpersonal relationships or task related issues, it's crucial the difficult conversations are had early, instead of leaving things to fester."

Helen Richardson-Walsh
Hockey champion

"Sport teaches you so much about how to get the best out of yourself and others in the most stressful of situations!"

Hugo Youngman
Posturite Marketing Manager and hockey player

FACT!

Posturite won the football **World Corporate Cup** at Anfield in 2012.

"We won the final on penalties against a Google side from all over Europe!"



31

gym bunnies



25

runners



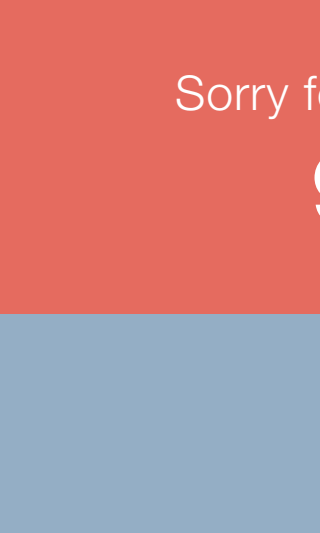
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cyclists



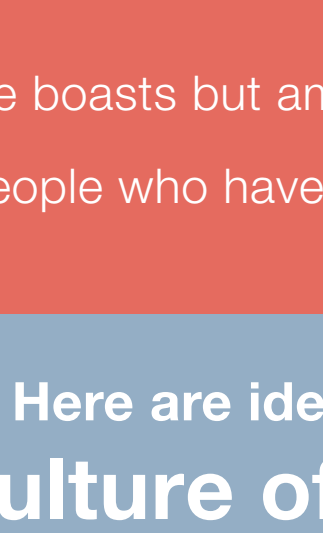
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footballers



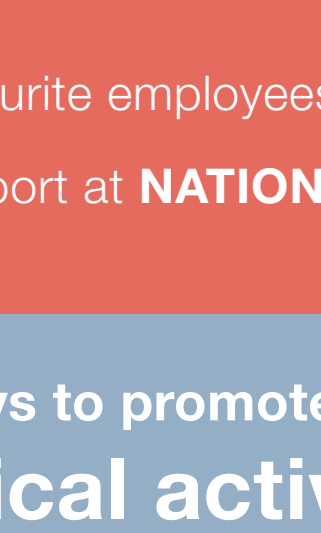
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cricket, hockey, rugby, tennis or badminton players



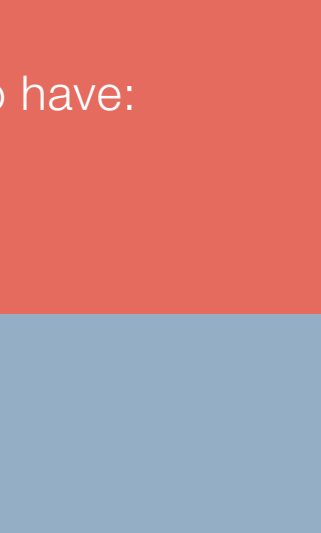
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swimmers



11

yogis and dancers



18

current or former sports coaches

Sorry for the boasts but amongst Posturite employees we also have:

9 people who have played a sport at **NATIONAL** level!

Here are ideas on ways to promote a culture of physical activity in your organisation – and have some fun!



In-office fitness sessions, such as desk exercises and desk yoga



Discounts for sports club and gym memberships



Shower and changing facilities



Lunchtime walking or jogging clubs



Walk-and-talk meetings

Meet our sportiest Posturite people

Shelbey: "I play football for Leeds United"

Debs: "I was the physio for Will Carling, Tim Rodber and Rob Wainwright in the Army Rugby Squad"

Kieran: "I play football for Bala Town in the Cymru Premier and I own The Kilometre Club running club"

Chris: "I was the Junior European Champion for karate"

Kieran: "I play volleyball for Team Northumbria, have represented England in volleyball and also my county for cricket"

Andrew: "I represented Scotland as a junior ice hockey player"

Sarah: "I played tennis in the U17s Middlesex squad at Queen's Club"

Neil: "As a junior basketball player I represented Scotland for three years"

Nick: "I played American Football at county level"

Dan: "I scored a hat trick at Anfield in the semi-final... in the 2012 World Corporate Cup!"

Gareth: "I won the 102kg Senior Men category in the 2021 Virtual British Weightlifting championship"

Fiona: "I played hockey and rounders for Scotland U16s"

Fletcher: "I birdied the 1st off the Championship tees at Wentworth"

Andrew: "I played in the UK Coca-Cola 5-a-side football finals"

Suzie: "I am in the Top 30 of England senior cross country runners"

Jamie: "I cycled to Morocco in aid of Great Ormond Street"

Ask the Posturite team to recommend the **products** and **services** that help you enjoy a healthy working lifestyle – and prevent the discomfort that could become a hurdle!