

# Energizing the Seated

Staying flexible while deskbound

**Make yourself  
comfortable**



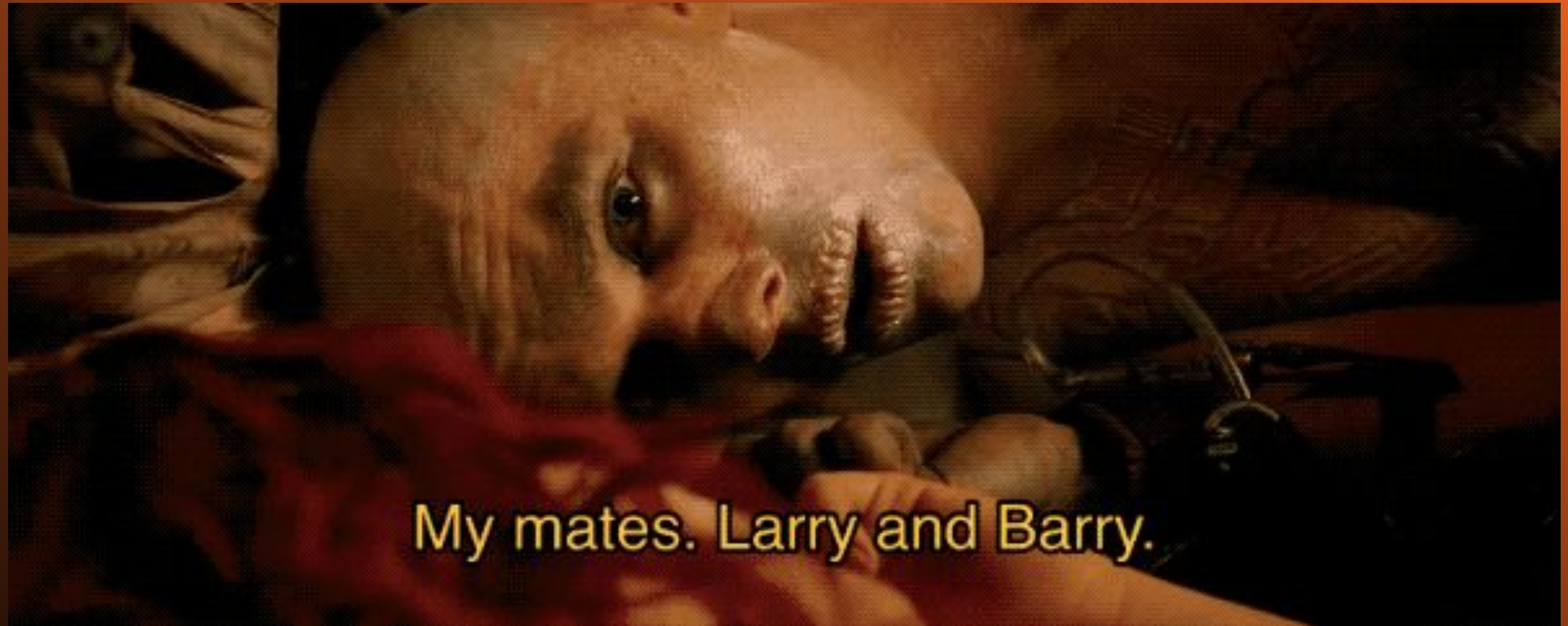


# Problem



It's our job to  
*not move*  
for 40 hours a  
week





My mates. Larry and Barry.

# It's slowly eating away at us

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If you can't fix  
what's broken,  
you'll, uh...  
you'll go insane.





# Let's make our day not...



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# Solution



A person is shown from the chest up, buried in a large mound of golden-brown sand. Only their head and shoulders are visible above the surface. They have dark, curly hair and are wearing a dark headband. Their face is turned downwards, and their hands are buried in the sand near their chest. The background is a clear, light blue sky. The overall mood is one of isolation and struggle.

Get up





**Eyes & neck neutral**

**Elbows 90°**

**Lower body loose**

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Image via [https://en.wikipedia.org/wiki/File:Standing\\_desk\\_illustration.svg](https://en.wikipedia.org/wiki/File:Standing_desk_illustration.svg)



# Version 1



Jarvis desk

Capisco  
Chair by  
HÅG

**Adjustable work  
platform**

**Flexible seating**



# Version 2



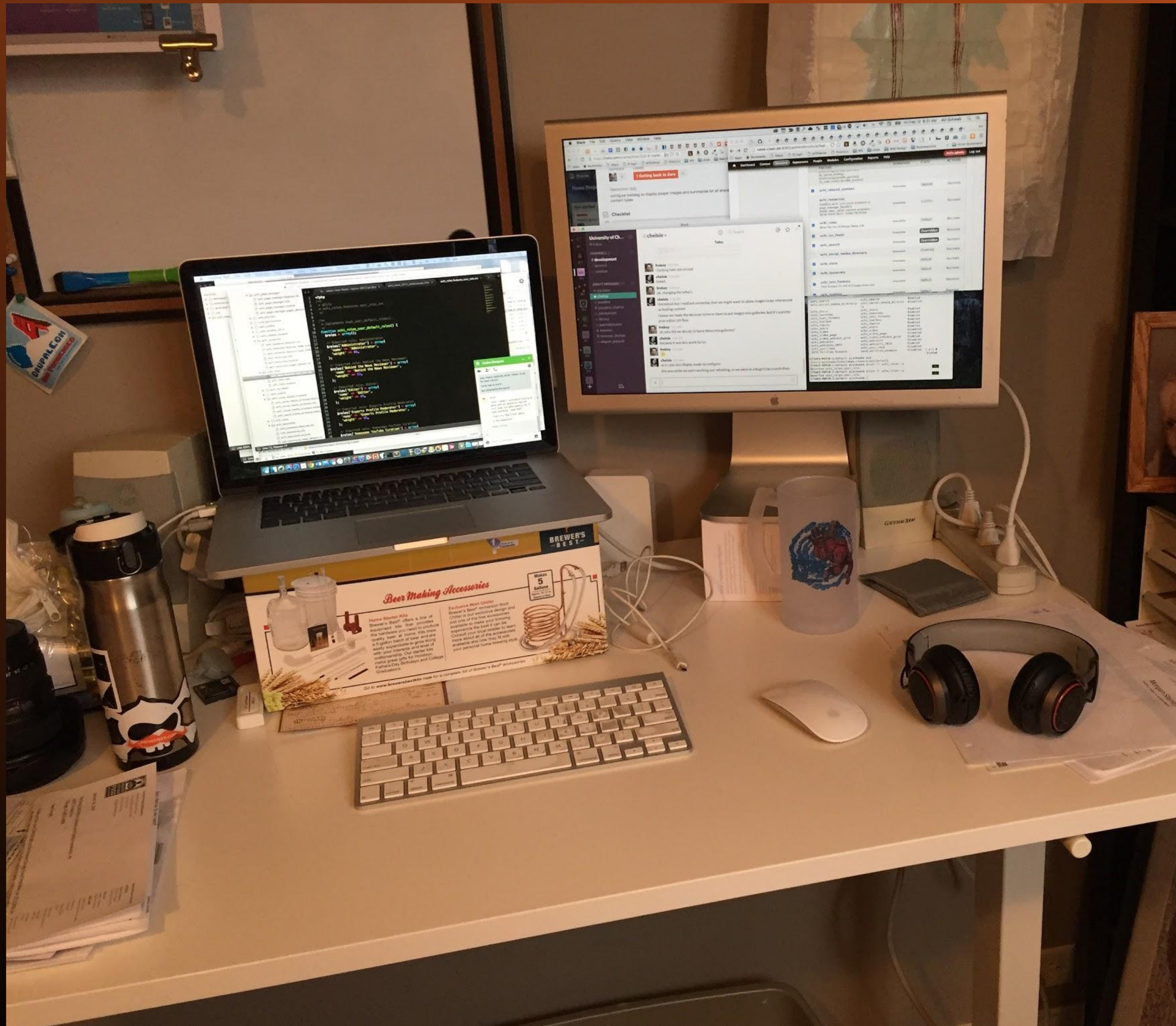
**Boxes**

**Random closet  
things**

**Books**



# Version 3



Ikea Skarsta



# Current state



# Jarvis Desk Shelf



# Varier Move Chair



Oh, what a day...  
what a lovely...  
what?

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## Interesting finds



The truth behind  
standing desks -  
Harvard Health Blog

 Harvard H... · Sep '16



Are You Sitting Down?  
Standing Desks Are  
Overrated

 The New Y... · Nov '18



Is Your Standing Desk  
Doing More Harm  
Than Good?

 US News H... · Dec '17



A Study Found That  
Standing Desks Aren't  
As Good For You As...

 Bustle · Feb '18

10+ more stories



**We have  
to move**





# Creating a movement-rich environment



**“Do not become  
addicted to water,  
it will take hold  
of you and you  
will resent its  
absence”**





**“We keep  
moving.”**





“I’m not staying  
here”



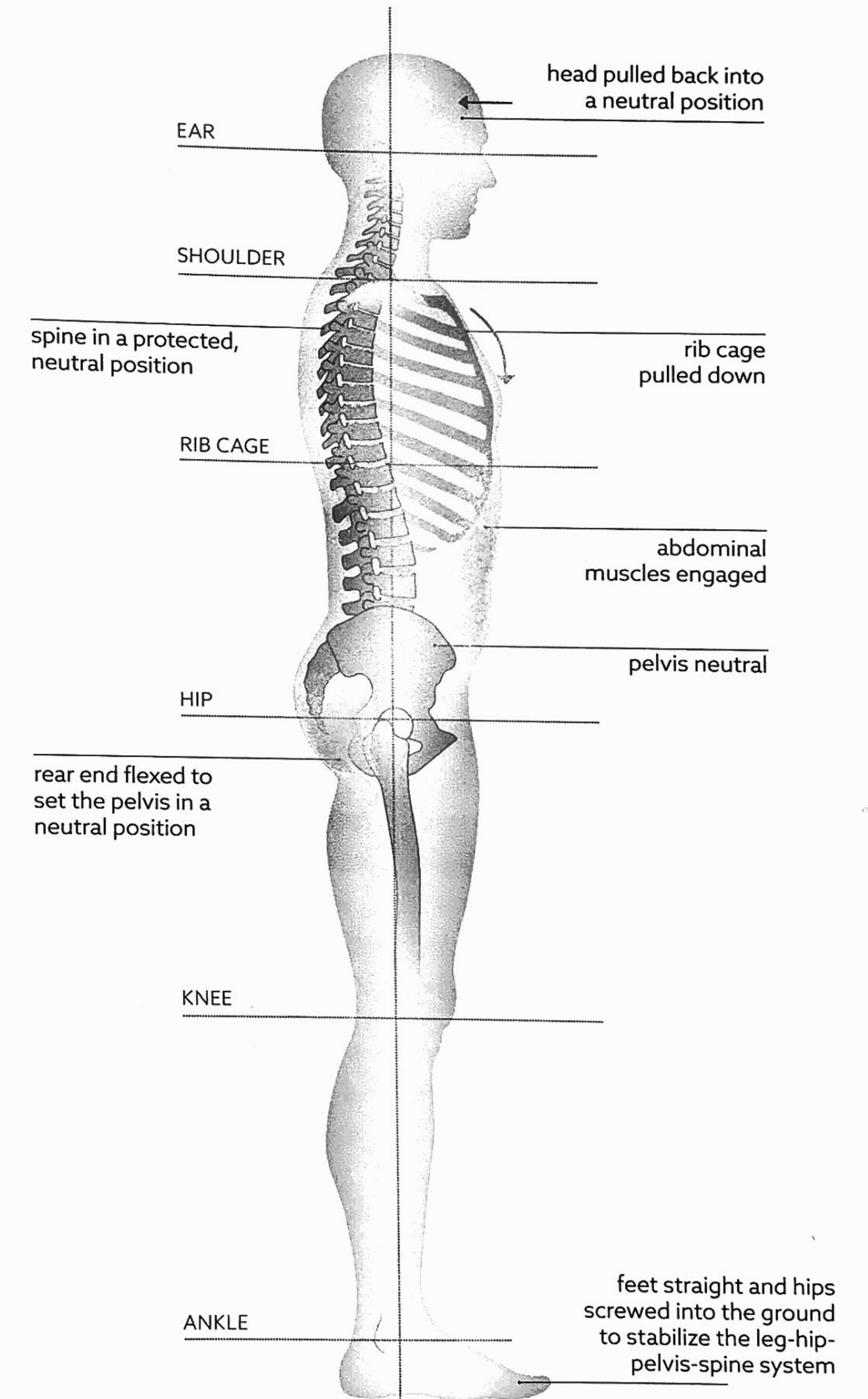


# Practice



**First we  
learn to  
stand**

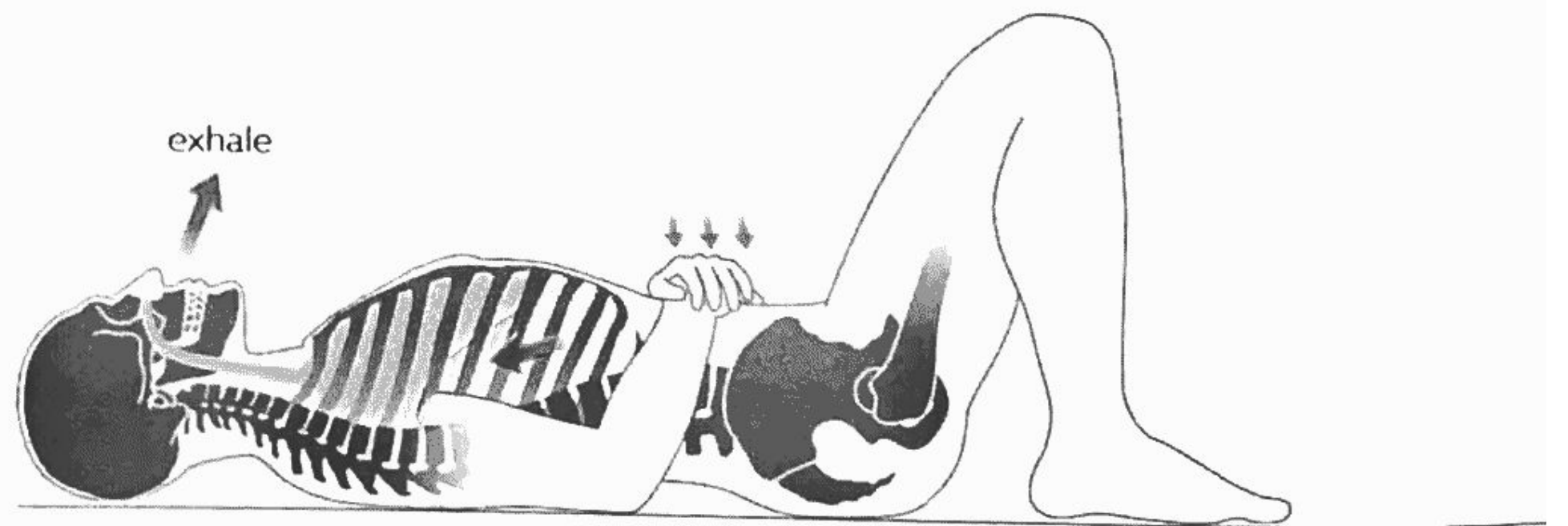
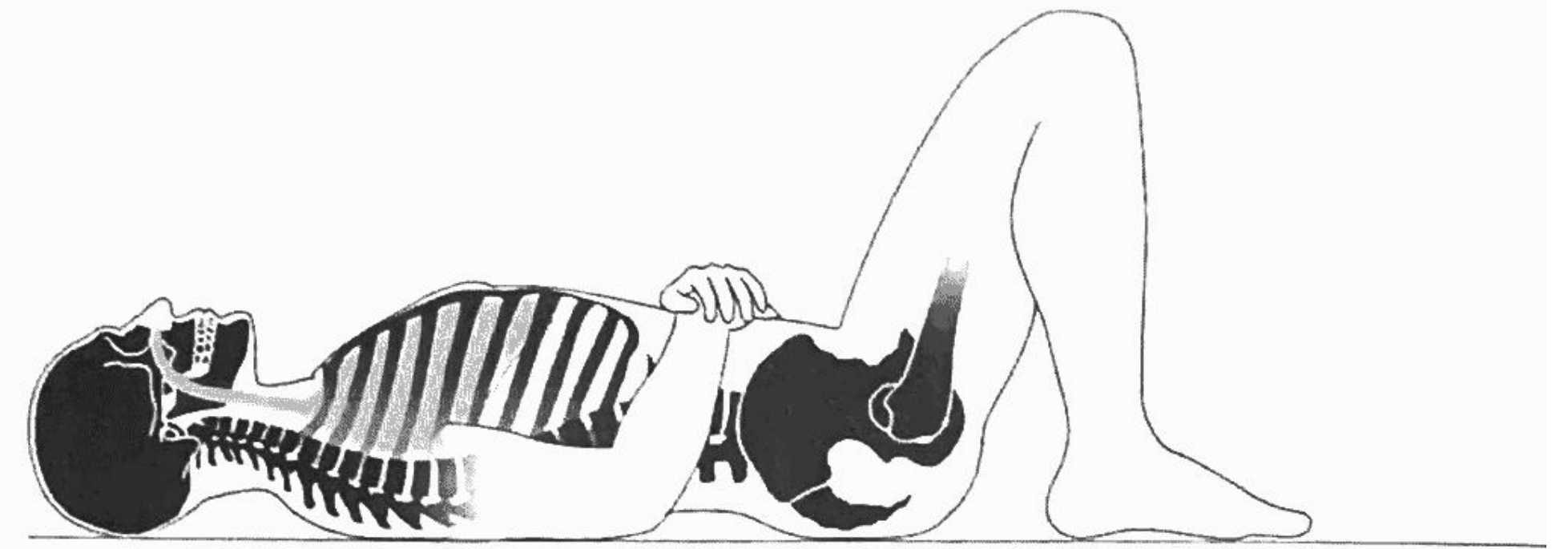
**Head back & neutral**  
**Shoulders back**  
**Ribcage down**  
**Abs engaged**  
**Butt flexed**  
**Feet straight**





**Then we  
breathe**

**In through your nose  
into your belly**





**Now we  
move**

**Neck**

**Shoulders**

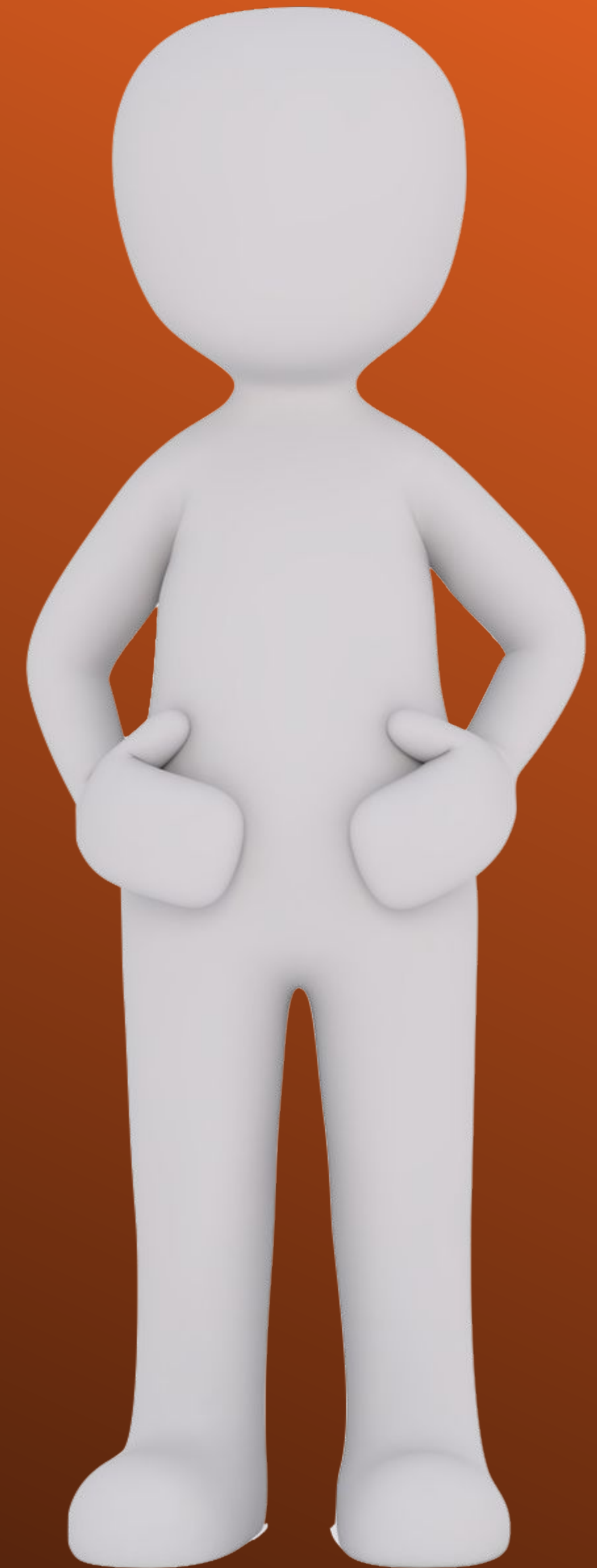
**Elbows**

**Wrists**

**Hips**

**Ankle (circles)**

**Ankle (clearing)**





# **Bonus: Squats**

**Heels flat  
Toes forward  
Knees out  
Back flat**

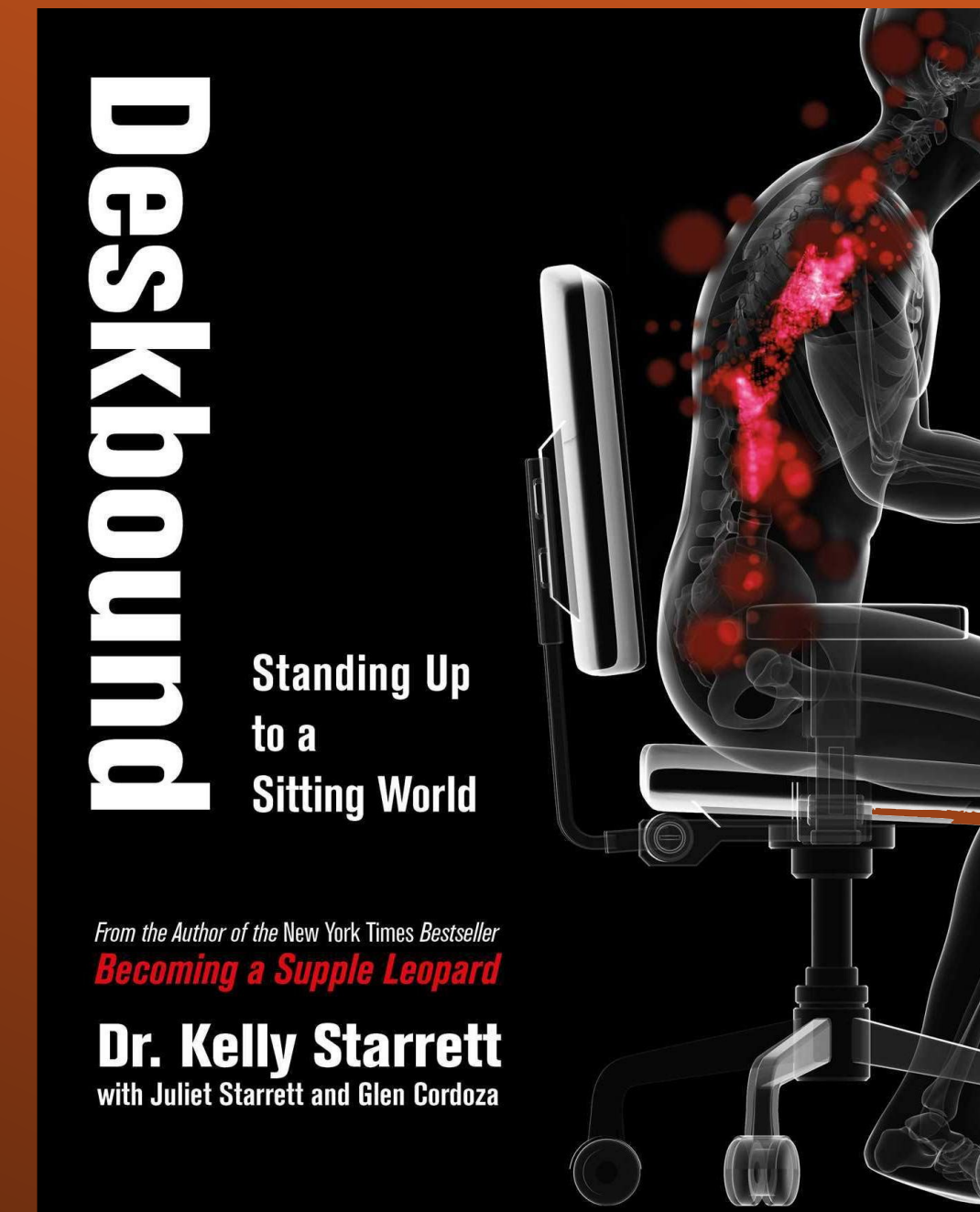




# Bonus: Overhead Stretch







Also watch Kelly's talk at  
[youtu.be/kfg\\_e6YG37U](https://youtu.be/kfg_e6YG37U)



# Thanks!



## Avi Schwab

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DISCLAIMER: I'm not a professional trainer.

# Questions? Comments? Feedback?