

Stay Healthy



At Work

Fitness within the Workplace

What is ErgoDynamics?

Ergon

Concept from Aristotle's Nicomachean Ethics that is most often translated as function, task, or work.

Dynamics

the forces or properties which stimulate growth, development, or change within a system or process

By utilising the proven techniques from various practices in natural health, Positive Inspiration has created this unique and simple program which can be used within the workplace, or at any time, to promote a healthy body, and more importantly, a healthy mind.

What does the ErgoDynamics program cover?

Modern as well as ancient techniques all combine in today's natural health. We use Yoga, Tai Chi, Mindfulness, Relaxation and Breathing techniques, combined with NLP (Neuro-Linguistic Programming), Hypnotherapy, Emotional Freedom Technique (EFT), Cognitive Behavioural Therapy (CBT) as well as the latest physical training, exercise, massage and muscle movement to allow a person, wherever they are to remain stress free, alert and healthy.

Where can you do ErgoDynamics?

The simple beauty of ErgoDynamics is that it can be done anywhere!

Once you have been shown the physical program and understand the basics of how to progress, you can work your muscles or relax your mind at anytime, in any place at work or home.

Ready for a big meeting and feeling the pressure? Take 2 minutes and prepare yourself and walk in relaxed, confident and fully alert. It is that quick and that simple.

Feeling tired at work? Give yourself a light work out, a gentle massage or simply be mindful and breathe, all techniques to increase the blood flow, which in turn oxygenates the blood and stimulates the mind and body.

Been sat down too long, feeling the ache? Knowing how to stretch out and manipulate muscles safely to release tension, increase blood flow and remove discomfort makes all the difference. If you are comfortable, then you can focus on the job at hand.

What are the benefits of ErgoDynamics?

The benefits of going through the basic program can be split into the physical and the psychological.

Psychological

Mental Health at Work has become the greatest cause of absence and sickness from work, understanding more fully how stress and anxiety effect the body makes the problem even greater than these statistics suggest. When we are stressed the fight or flight reflex (FoF) kicks into play. This is where we feel the affects of stress and anxiety in our bodies and minds. Adrenalin is released, the neurons in the brain begin to fire faster, blood vessels contract, our heart rate goes up, our breathing increases and we are ready to run away or fight. This has been the body's defence for thousands of years but now we are triggering it with constant deadlines, over work, not being able to shut down the mind away from work, building our lives to complete the jobs at hand, all the while having more put onto us and thinking we can manage.

77% of employees have experienced symptoms of poor mental health at some point in their lives!

62% of employees attributed their symptoms of poor mental health to work or said that work was a contributing factor, rising to **84%** of those who took the BITC public survey!

Calming the mind, calms the body, the FoF reflex keeps us in a state of tension, where we are not supposed to remain, it shuts down the parts of the body it thinks we don't need, like the digestive system, the reproductive system and the immune system. Stress causes illness because the body can't fight it, we lose or gain weight and struggle in many other areas of natural life. Contracted blood vessels and increased heart rate can lead to coronary issues, chronic high blood pressure or strokes.

Simply breathing and relaxation techniques to release the FoF reflex is a start, a program of healthy work practices maintains a healthier lifestyle.

Calming the mind also allows the brain to focus clearly, the reduction in cortisol being pumped into our mind allows the conscious mind to clear. Giving a clearer thought pattern and creating a more productive mind-set.

Physical

The body feels the aches and pains of sitting or standing in the same position day after day, we can stimulate the blood flow to muscles which oxygenates the tissue, and increases the flow of lymph, this allows nutrients to flow in to the tissue and toxins to be removed. Cutting down on the strains, aches and cramps created by the build up of lactic acid or other similar toxins that cause issue.

Stimulating the muscles in contraction and stretching allow the fibres movement and help keep the muscles stimulated in a positive manner, this helps in keeping them Isometric and increases the ability of 'tone' within them. Muscles left in a relaxed state suffer atrophy and diminish, simple stimulation keeps them working, even a small amount makes the difference.

The physical health benefits of relaxation and muscle stimulation help lower cholesterol, lower high blood pressure, reducing the risks of heart attack or stroke; raising the levels of endorphins and feel good neurotransmitters like dopamine, serotonin and oxytocin. When you're feeling good about yourself and it shows throughout your lifestyle. A happier work environment is a more productive one.

How does the program run?

How the program runs depends on several factors:

- Numbers involved
- Environmental requirements
- Level of Program
- Timescale

Numbers Involved:

Whether you are a large business or a small one, we can accommodate your needs, individuals, management or groups from 5 up to 25 can be taken at one time, giving the best available training and practice. Larger numbers can be staggered throughout a training schedule to promote the best productive work availability. Giving staff a few hours to train will prevent sickness, stress, anxiety and poor ability. You get more time back from your staff in a higher productive state.

Environmental Requirements:

Do you have the rooms available? Would we need to arrange a premises nearby? Depending on whether you have the facilities or we have to arrange something to be used, we can still offer the program to you and your employees. Taking the staff out of the work environment for a short period of time, allows us to get into the training fast and without distractions. Giving your staff the best opportunity to learn.

Level of Program:

ErgoDynamics has 3 main levels to offer:

The Basic training package is a complete understanding of the requirements and demonstrates ErgoDynamics, which gives staff an understanding of what they need to do and how to do it. The practitioner level, is a step by step training program spread over several classes to build up an intensive knowledge of a healthier lifestyle at work and home.

In-house trainer program, allows us to teach members of staff to be the continuing instructors of ErgoDynamics within your workplace, to be able to continue with the work that we have put into place for staff. By offering a direct liaison with Positive Inspiration, we will continue to support and update them with new techniques or demonstrations as they are developed.

Timescale:

The timescale adapts to the levels of understanding you need, we can offer presentations, training and scheduled courses. All of which will allow members of staff, or management, to grow from knowing what ErgoDynamics is, the basic level, all the way to In-House trainer¹. We schedule to make the most of your time.

¹In-house training requires minimum numbers for selected course events present throughout the year.

Your ErgoDynamic Provider:

**Positive Inspiration
Natural Health CIC**

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