

# TIPS FOR DISTANCE LEARNING

## S.O.S SAVE OUR SPINES!

### SPINE HEALTH GUIDE

We're sending you an **S.O.S** to save our spines! Remember these three words to avoid neck or back pain, stay focused, and remain productive and positive while distance learning.



**STRETCH**  
**OPTIMIZE**  
**STAND**



## 1 STRETCH

*Stretch regularly!* Your posture can suffer when sitting at screens, resulting in neck and back soreness. Try these easy stretches a few times throughout the day.



1. **Hip Crossover Stretch:** Seated in a chair, cross one ankle over the opposite knee. Tighten core, lean slightly over at the hips, and feel the stretch in the hip and glute. Hold for 30 seconds, then switch legs.



2. **Side Stretch:** Stand and reach both arms up, keeping neck neutral and long. Grab one hand with the other and pull your body toward the side of the hand that is grabbing. Keep feet grounded until you feel a nice stretch down the opposite side of the body.



3. **Child's Pose Stretch:** Connect your knees to the floor, spread wide, and sit back on your feet. Reach forward with both hands and stretch as far as you comfortably can. Feel the stretch in your upper and lower back as you keep a neutral neck and keep hands extended.



## 2 OPTIMIZE

*Optimize your workspace!* It's tempting to take classes from the bed or the sofa, but it's not a healthy choice!

1. **Pick a quiet and designated workspace** with a table, chair, and good lighting. An ergonomic yoga ball can be a chair alternative.



2. **Use good sitting posture:** back against the chair, feet on ground, forearms resting comfortably at a 90-degree angle, and screen at eye level. Placing a pillow or towel behind your lower back can add extra lumbar support. Don't hunch over in order to see your screen or device—this can cause back pain and 'tech-neck'!



3. **Hydration is key** to your spinal-and overall-health. Keep a glass of water on your desk and set reminders to sip and refill it several times throughout the day.



## 3 STAND

*Stand and go!* Taking short and regular breaks increases your productivity. Moving is the best way to prevent or reduce neck or back pain.



1. **Try setting a timer** once an hour to stand up and walk around or stretch.



2. **Get outside, take a break** from screens. During lunch, free periods, after school, get away from screens and get fresh air. Try eating lunch outside.



3. **Get moving.** Do your favorite outdoor activity: jog, ride a bike, shoot hoops, or take a walk. This alleviates anxiety and stress, and helps overall wellness.

