

BACK PAIN RELIEF

by gFit

Interview:
A Day in the Life of
an Office Worker's Back



GOOD MORNING!
TELL ME HOW YOUR
NIGHT AND THE START
OF YOUR DAY WENT.

AFTER 8 HOURS OF
SLEEPING AND NOT
MOVING, SHE JUST
JUMPED UP AND WENT
STRAIGHT, TO THE DESK.
I DIDN'T EVEN GET A
CHANCE TO WARM UP.
MUSCLES ARE COLD,
THE FASCIA IS STIFF,
AND SHE IS ALREADY
MAKING ME WORK AT
FULL CAPACITY.

★ YOUR BACK MUSCLES AND FASCIA NEED AT LEAST 5 MINUTES OF EXERCISE
AFTER SLEEP BEFORE TAKING ON ANY LOAD.

AND HOW DID
THE WORKDAY GO?
TELL ME MORE.

5 HOURS IN THE
SAME POSITION WITHOUT
A SINGLE MOVEMENT.
THE DISCS BETWEEN THE
VERTEBRAE KEEP ME
GOING, AND THEY ONLY
GET NOURISHMENT
THROUGH EXERCISE.
WITHOUT IT, THEY START
TO COMPRESS AND HURT.

★ THE DISCS BETWEEN YOUR VERTEBRAE ONLY GET NOURISHMENT THROUGH MOVEMENT.
ONE HOUR OF STILLNESS AND THEY'RE ALREADY STARTING TO COMPRESS.

WHAT BOTHERS
YOU MOST ABOUT
YOUR DAILY WORK?

THE CORE MUSCLES:
THE ABS, GLUTES, AND
DEEP MUSCLES ALONG
THE SPINE WERE
SUPPOSED TO HOLD ME
AND PROTECT ME. BUT
AFTER SITTING FOR SO
LONG, THEY JUST
SWITCHED OFF. NOW I'M
HOLDING EVERYTHING
TOGETHER ON MY OWN.

★ CORE MUSCLES SWITCH OFF FROM PROLONGED SITTING. THEY ARE EXACTLY WHAT
PROTECT YOUR SPINE FROM PAIN AND DISCOMFORT.

LAST QUESTION.
WHAT DO YOU NEED
TO FINALLY FEEL
GOOD?

15 MINUTES OF
THE RIGHT EXERCISES
EVERY DAY. I JUST NEED
15 MINUTES OF
ATTENTION AND
PROPER LOAD. I RECOVER
VERY QUICKLY WHEN I
GET WHAT I'VE BEEN
ASKING FOR ALL THIS
TIME.

★ 15 MINUTES OF TARGETED EXERCISES ACTIVATE THE RIGHT MUSCLES, GET BLOOD FLOWING,
AND RELIEVE DISCOMFORT AFTER JUST THE FIRST SESSION.

**YOUR BACK HAS BEEN
SILENT FOR YEARS.
TIME TO FINALLY LISTEN
AND GIVE IT WHAT IT'S**

