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Head to Heal Online Series

supported by



An online wellness series that aims to increase awareness and management of aches and injuries, promote the adoption of a more active lifestyle and ultimately endeavour that support is circulated in a holistic manner across the North East Community during the COVID-19 pandemic:

- The widespread concerns linked to working from home and being seated in front of a computer screen for extended periods of time.
- The heightened risk of injuries given that more people are becoming physically active through accessing fitness routines online.
- The need for greater awareness of tips and strategies to understand the physiology of injuries, how they can be prevented and knowledge of when an individual needs to seek professional help for a specific injury or pain.
- The need to exercise responsibly and understand the impact of incorrect and excessive exercising.



Welcome Kit



Participants will be given a welcome kit comprising of one of the following:

- (A) Yoga Block
- (B) Beach Towel
- (C) Hot or Cold Pack
- (D) Gua Sha Massage Tool.



The Head to Heal Online Series will be delivered through 8 workshops. Each workshop will be facilitated on a weekly basis from **7pm to 8pm on a Thursday evening** over the duration of 8 weeks from **9th September 2021 to 28th October 2021**.

Workshop 1 : Neck & Shoulder **9 September 2021**

- Causes of neck pain
- How neck pain and shoulder pain are linked
- Simple neck and shoulder stretches
- Tips and tricks on how to use household tools to address and/or prevent pain
- Advice regarding sleeping position and pillows
- Advice regarding ergonomics and prevention of neck pain

Workshop 2 : Back and Spinal **16 September 2021**

- Causes of back pain
- Modifications that can be made in daily activities to reduce back pain
- Stretches for back pain
- Sleeping positions
- Advice regarding ergonomics & prevention of back pain
- Tips and tricks on how to use household tools to address and/or prevent pain

Workshop 3 : Safe Exercising **23 September 2021**

- Why exercise is important
- Tips for safe running
- Tips for safe cycling
- Warm-up exercises
- Cool-down stretches

Workshop 4 : Ergonomics (Posture) **30 September 2021**

- Why good posture is important
- Desk setup
- Sitting position
- Standing position
- Stretches that can be done whilst at work
- Sleeping position

Workshop 5 : Leg Pain **7 October 2021**

- Common types of pain affecting the lower limbs - knee pain, heel pain
- How to prevent pain
- Simple lower limb stretches and exercises
- Importance of good footwear
- How to select shoes
- Gait cycle
- Tips and tricks for modifying things found around the house

Workshop 6 : Women's Health (Pregnancy & Incontinence) **14 October 2021**

- Changes in the body due to pregnancy
- Importance of exercising during pregnancy
- Return to activities post pregnancy
- Simple exercises for pregnant and postnatal women
- What is incontinence - what treatments are available
- When to seek help

Workshop 7 : Breathing & Posture **21 October 2021**

- How breathing and posture are linked
- Theory behind breathing
- Breathing exercises

Workshop 8 : Breathing & Anxiety **28 October 2021**

- How breathing and anxiety are closely linked
- Breathing exercises
- Management strategies

Register Here
or Scan the QR code



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