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NAME

BRAIN

BODY



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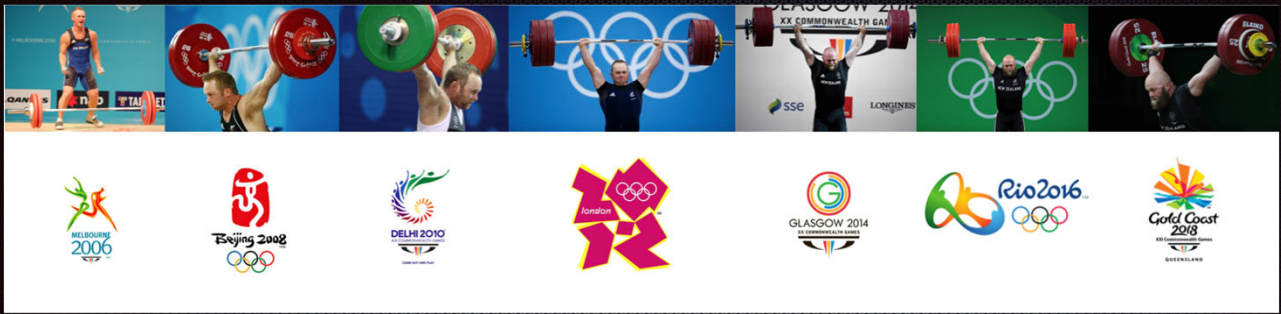


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THE STRUCTURE AND FUNCTION OF THE SPINE



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The Vertebrae are divided into 5 groups:

- 1: Cervical
- 2: Thoracic
- 3: Lumbar
- 4: Sacrum
- 5: Coccyx



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CERVICAL SPINE



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THORACIC SPINE



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STRESS

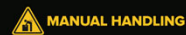
CONTROL WHAT YOU CAN



Keeping stress to a minimum is best helped by shaping your environment.

- Stay hydrated (2-3 litres a day)
- Get enough sleep (8 hours)
- Eat well (protein, plants & planning)
- Move often (make it fun)

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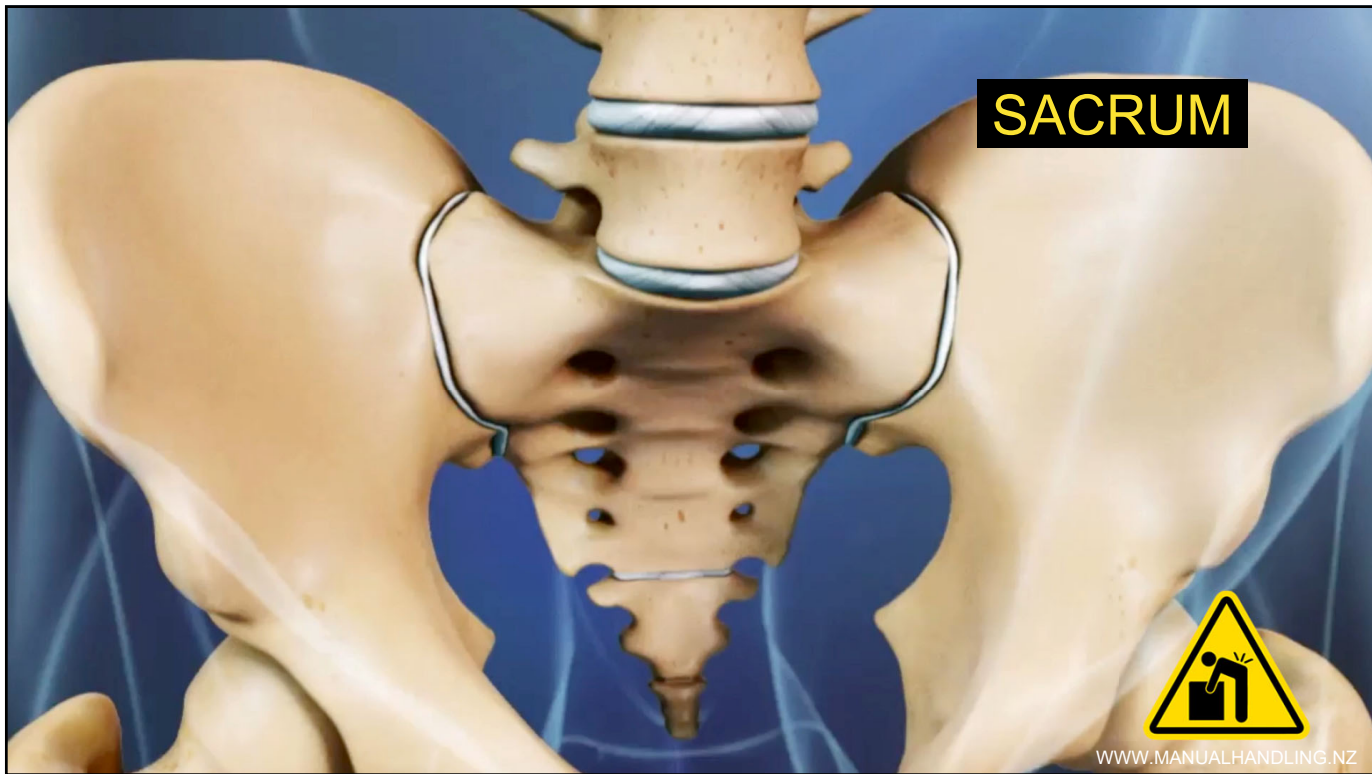


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LUMBAR SPINE



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SACRUM



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**INTERVERTEBRAL
DISC**



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WARM UP FOR WORK

LOOSEN UP GENERAL WARM UP TO GET YOU MOVING

LISTEN UP TALK AND LAUGH TO START YOUR DAY

WAKE UP SWITCH ON UPSTAIRS TO BE ALERT



WARMUP LEADER FOR THE DAY

A LITTLE EXERCISE EVERY WEEK
BUILDS A BETTER BODY FOR YOUR FUTURE

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MANUAL HANDLING



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STRENGTHEN EVERY MUSCLE

STABILIZE YOUR SPINE AND STRUCTURE

CREATES STRONGER HEALTHIER MUSCLES

INCREASES CONFIDENCE AND ABILITY



A LITTLE EXERCISE EVERY WEEK
BUILDS A BETTER BODY FOR YOUR FUTURE

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STRETCH EVERY NIGHT

INCREASE RANGE OF MOTION

RELAXES & RELEASES TIGHT AND FATIGUED MUSCLES

REDUCES RISKS OF SPRAINS & STRAINS



A LITTLE MOBILITY EVERY DAY GOES TOWARDS A BETTER
BODY TOMORROW

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