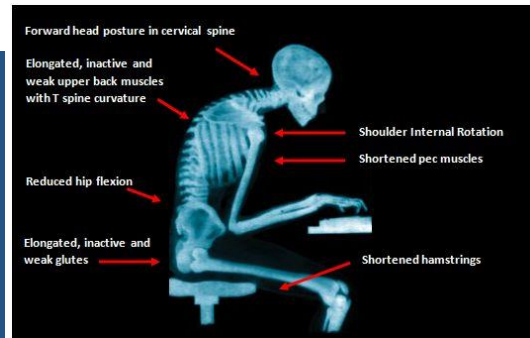


CORRECT OFFICE DESK POSTURE

If you have pain or fatigue in your hands, wrists, arms, shoulders, upper back or neck it may be related to using a computer. Without proper computer set-up and use, there are many injuries that may result. **Tendonitis is the most common problem**, involving tendon inflammation and localized pain in the elbow, forearm, wrist or hand. Bad posture can cause fatigue, muscle strain, and, in later stages, pain. Back pain, one of the most common complaints of older men and women, is usually the result of years of faulty posture. In addition, poor posture can affect the position and function of your vital organs, particularly those in the abdominal region.



The picture below indicates the incorrect positions when working behind a computer.



The picture below indicates the incorrect positions when working behind a computer.

Correct Sitting Posture for Computer

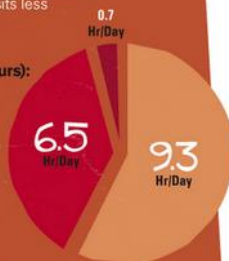


SITTING INCREASES RISK OF DEATH UP TO 40%

Sitting 6+ hours per day makes you up to **40% likelier** to die within 15 years than someone who sits less than 3. Even if you exercise.

Average Physical Activity (Waking Hours):

- Sedentary
- Low-Intensity Physical Activity (Walking, Standing)
- Medium-Vigorous Physical Activity (Running, Sports)



Studies show that only reducing sitting time helps. **It's clear that sitting is killing us: but how?**

SITTING MAKES US FAT



Obese people sit for **2.5 more hours per day** than thin people.



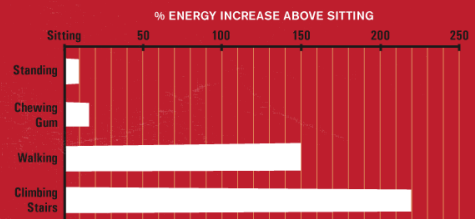
1 in 3 Americans is obese.



Between 1980 and 2000:

- Exercise rates stayed the **same**
- Sitting time increased **8%**
- Obesity **doubled**

Sitting expends almost **no energy**.



Effects of sitting aren't just long term, though. Your body goes into meltdown **the moment you sit down.**

HOW SITTING WRECKS YOUR BODY

As Soon As You Sit:

- ⚡ Electrical activity in the leg muscles **shuts off**
- 🔥 Calorie burning drops to **1 per minute**
- 👤 Enzymes that help break down fat drop **90%**

After 2 Hours:

- 📉 Good cholesterol drops **20%**

After 24 Hours:

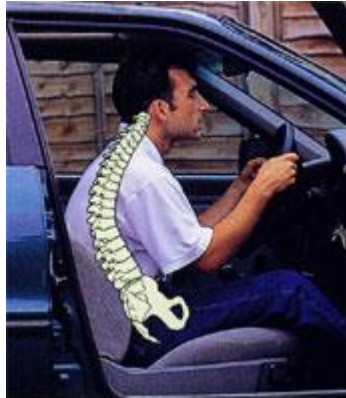
- 📉 Insulin effectiveness drops **24%** and risk of diabetes rises

People with **sitting jobs** have **twice the rate** of cardiovascular disease as people with standing jobs.

x2

Beating the Unhealthy Effects of Frequent Driving

The **RST Trainer** offers a perfect solution as it can travel with the driver, can be used anywhere indoors or outdoors, builds fitness levels, **develops strong core muscles** and promotes blood flow throughout the body ensuring vital organ functionality and much more...



Is sitting in a car seat the same as sitting in a chair?

No, even though you are sitting, they are different activities. When you use the steering wheel, your hands and arms are higher than when you are working at a desk. To operate the brake and accelerator pedals, you have to extend your legs more forward than you would when sitting at a desk. One foot may be flat on the floor and the other at an angle to operate the accelerator and brake pedals. If your vehicle has a standard (manual) transmission, you must use the other foot on the clutch and one arm and hand to operate the gear shift.

Workers at Risk

In truth, there are many hazards related to driving, particularly in doing this activity frequently or for a long period of time. Below are just a few of them:

- Neck, shoulder and back pain
- Cramps and pressure points in the legs
- Poor circulation in the legs and buttocks
- High Stress Levels and Fatigue
- Low back injury
- Long-term risk of degeneration of spinal disc and disc herniation

While all people who drive are at risk of suffering from any of the conditions above, bigger candidates are workers who spend a great fraction of their day driving. Most of them make a living out of driving or operating big vehicles.

Below are examples of workers most at risk of the unhealthy conditions caused by driving:

- Truck drivers
- Bus drivers
- Taxi and limo drivers
- Heavy equipment operators
- Industrial Truck/Forklift Operators
- Delivery people
- Farmers operating tractors
- Ambulance drivers