

Hey, Desk Jockeys, Get Moving!

Are you a Desk Jockey Boss that is tied to your desk eight-plus hours a day? Do you also have a team of people tied-up along with you? When the end of the day comes, are you stiff and feeling like you can hardly move? Then I have something for you to think on for a sec...

As a manager of a large office of desks filled with typists, computer whizzes, stock analyzers, and any amount of work that ties a person to a desk all day, you know what sitting for long periods of time does to a body. If you are tired of having employees calling in sick, or workers comp people calling you for details of why the xxx number of people are out all the time with back injuries, neck surgeries, hand and carpal tunnel situations;

you need to pay attention to what I am going to suggest to you.

- It's **radical**,
- It's **revolutionary**.
- It will **put you and your team on display**.
- But, it will make a **big difference** to those upstairs,
- and to the **bottom line** of payments for people always out sick or injured.

I'm talking about a method developed and instigated by the Japanese. They are **all into it** and the **Top Guy does it**, right on down to the **bottom of the corporate ladder**. It's called

EXERCISE.

Yes, exercise. The Japanese enforce a **half an hour** in the **morning** and a **half an hour** in the late **after- noon EVERY WORK DAY**.

The whole workforce stops what they are doing and a person on a loud speaker system calls out **several stretching exercises and bending/lifting exercises to loosen up the bodies** of those tied to their desks all day. **No one can opt out** of this exercise time, even those in wheelchairs or on crutches have movements that help.

It keeps all of the **bosses and the employees in shape**, build muscles, and doesn't allow joints and bones to deteriorate. Everyone benefits, and they all know they must take part in the routines. Employees know they will participate and the **Doctors certify they can**.

Ever Hear – “A Rolling Stone Grows No Moss”

It's True! Those that move stay moving.

I am a certified Osteo Bone Builder. I am certified through Tuft's Medical University to help senior citizens stay out of nursing homes. I go for renewal every two years. This continued education teaches the latest strength building moves to instruct people aged fifty-five and older. These programs have been set up throughout the United States. Most communities have a senior citizen center. I have a group of people, which I am the youngest at age sixty, join me two times a week for an hour. The slow repetitive moves concentrate on three arm and three leg exercises. We do a brief warm-up and cool-down. The class lasts one hour. The Japanese break their routine with a half hour of basic stretches and squats. It lasts ten minutes.

Getting your blood flowing and joints moving keep a body from seizing up, as a car engine seizes after sitting in a lot for an extended period. (And you know what happens to cars sitting in a lot...) **They Rust Away to Rubble.**

There are people in your area that teach strength building. Find them through your senior citizen community centers. Ask Tuft's University to extend a list of trained instructors. Find a person to lead your group in a combined stretch - bend - lift - set of repeated slow exercises to keep that tied-up to a desk all day in your workforce, not on your out sick list. Your ingenuity will impress the higher-ups, and you'll get the accolades for starting something unique and innovative. Plus, it will help the bottom line of the company by keeping those at work healthy and moving. Be the innovator. Be the one to start a trend in the USA. Get Moving.