



DR. JASON GERARD
— CHIROPRACTIC & WELLNESS —

CORPORATE POSTURE

RESET GUIDE

5 Simple Ways to Reduce
Workplace Tension, Improve
Energy, and Feel Better at
Your Desk



By Dr. Jason Gerard
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FREE GUIDE
WORKPLACE WELLNESS
RESOURCE

Better **Posture**. Less **Tension**. More **Energy**. Stronger **Performance**.

Why This Matters

Your body was designed to move. Your workday often isn't.

Most workplace discomfort doesn't come from one big injury. It comes from the small, repetitive stresses we place on our bodies—day after day.

Over time, these patterns can lead to tension, stiffness, headaches, fatigue, and a drop in focus and productivity.

The good news? Small changes, done consistently, can create a big impact.



COMMON WORKPLACE PATTERNS THAT CREATE STRAIN



SITTING TOO LONG

Prolonged sitting reduces circulation, increases stiffness, and puts continuous pressure on your spine and muscles.



POOR POSITIONING

Forward head posture, rounded shoulders, and slouching increase strain on the neck, shoulders, and lower back.



NOT ENOUGH MOVEMENT

Low movement frequency allows tension to build and reduces your body's ability to recover.



STRESS + TENSION

Stress causes muscles to tighten, breathing to shallow, and awareness to drop—making poor patterns even worse.



THE GOOD NEWS

You don't need a complete lifestyle overhaul. You need simple, repeatable resets that fit into your workday. This guide will show you exactly how.



“ *Your body responds to what you repeat. Let's make those patterns work for you.* ”



TWO SIMPLE RESETS TO START YOUR DAY

Small actions, done consistently, create big changes.

RESET

#1

THE 60-MINUTE RESET

Set a timer. Every 45–60 minutes, stand up and reset your body.



1. STAND UP

Get your body out of static positions.



2. ROLL SHOULDERS

Roll your shoulders back 5 times.



3. DEEP BREATHS

Take 5 slow, deep breaths in through your nose, out through your mouth.



4. MOVE

Walk for 30 seconds to get blood flowing.



WHY IT WORKS

Frequent movement breaks up tension before it builds.

It improves circulation, re-energizes your mind, and supports better focus.




RESET

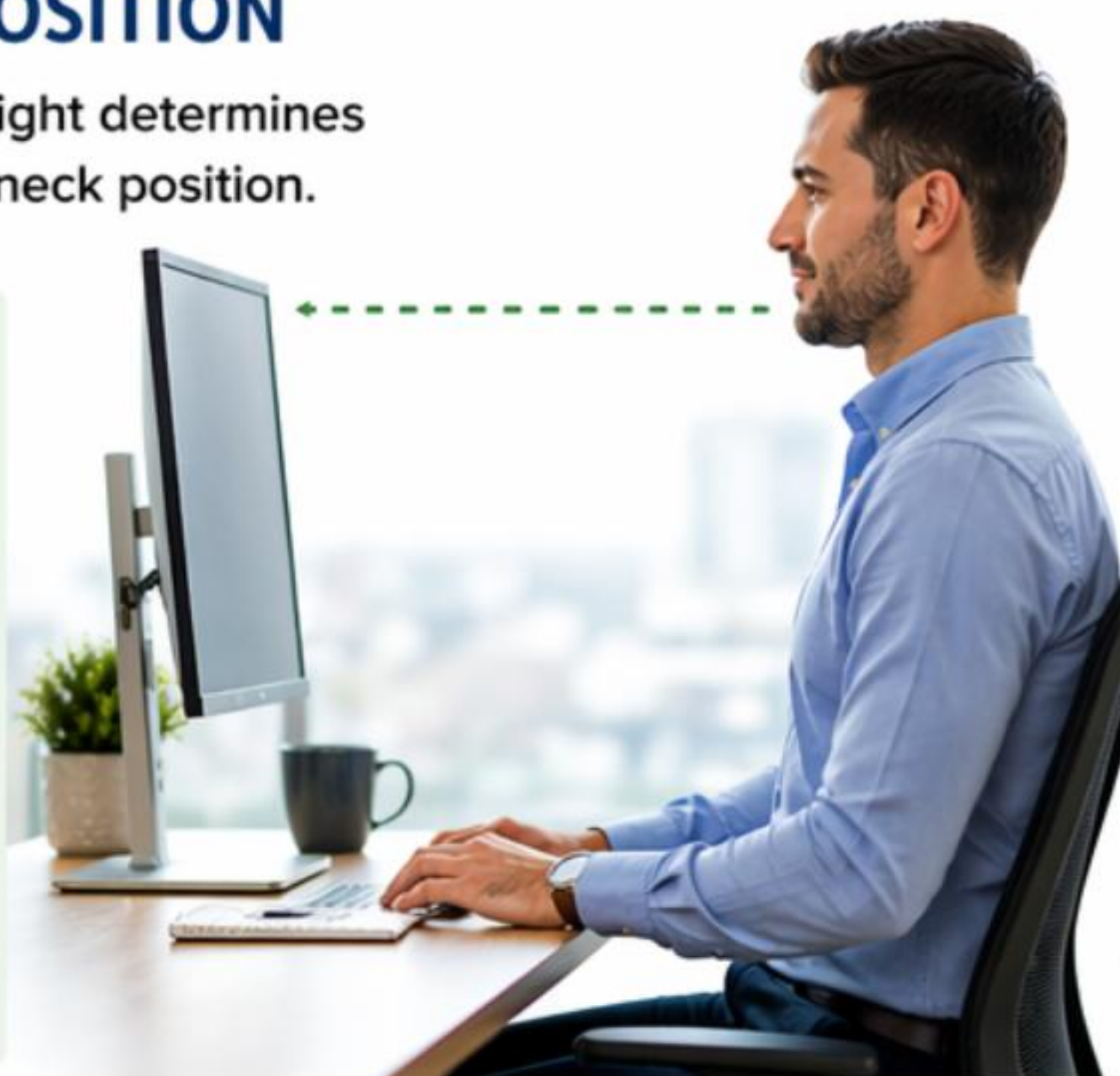
#2

SCREEN POSITION

Your screen height determines your head and neck position.

SET IT RIGHT:

-  Top of the monitor at or slightly below eye level.
-  Screen about an arm's length away.
-  Keep your chin level and neck relaxed.



AVOID THIS:



Screen too low causes forward head posture.



Screen too high causes neck extension.



Screen too close increases eye strain and neck tension.



These two resets are the foundation.

Master them first, and everything else becomes easier.



CHECK IN. RESET. STAY AHEAD.

Awareness creates change. Small resets prevent big problems.

RESET #3

THE TENSION CHECK

Three times a day, pause and check in with your body.

ASK YOURSELF:



Are my shoulders elevated?

Let them drop.



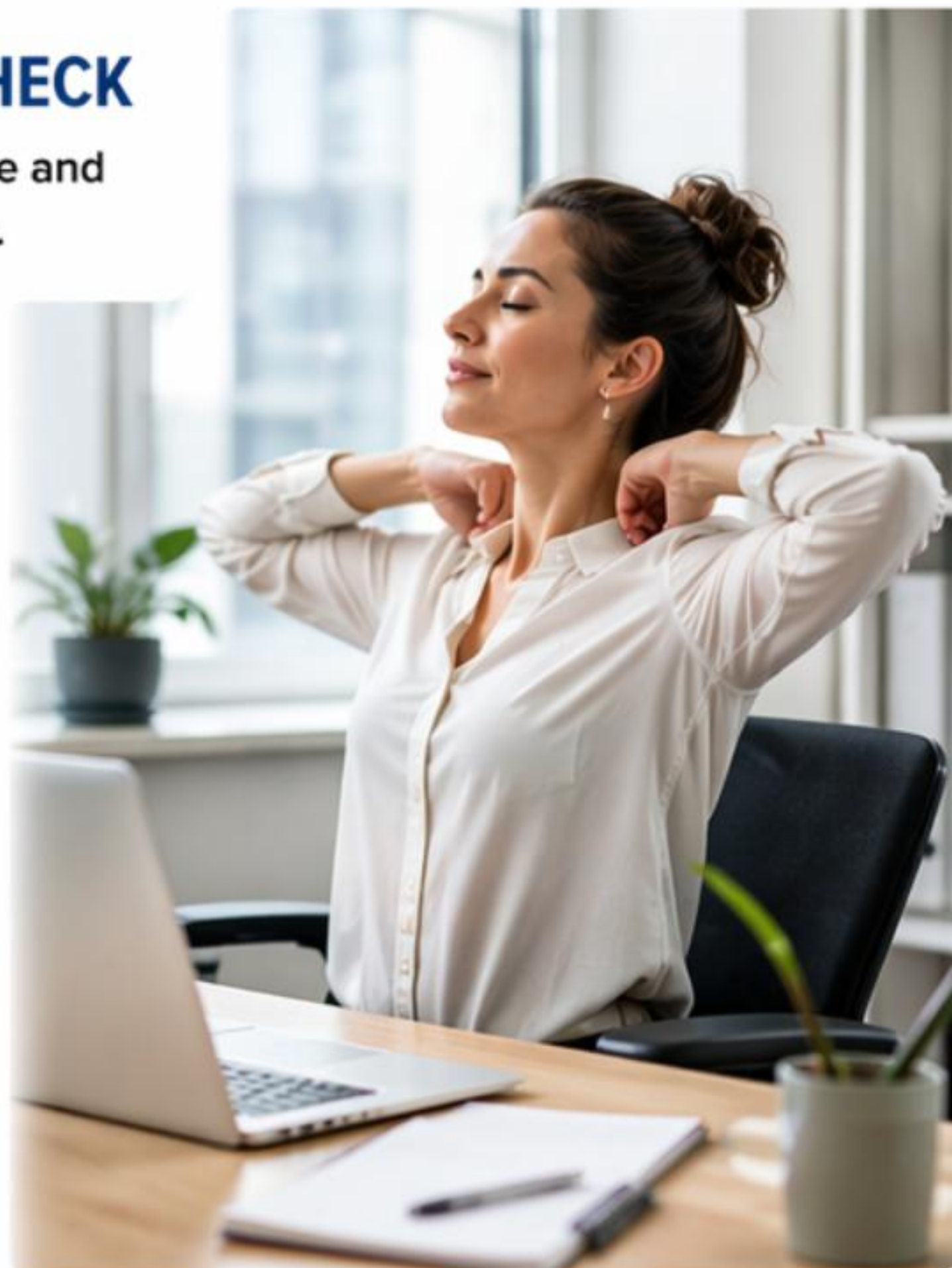
Is my jaw clenched?

Relax your jaw.



Am I holding my breath?

Take a slow breath in and out.



WHY IT WORKS

Tension builds gradually and is easy to miss.

These quick checks help you catch it early and reset before it impacts your focus, energy, and comfort.

RESET #4

MOVE DURING CALLS

Turn passive time into movement time.

EASY WAYS TO MOVE:



Take standing calls when possible.



Walk while on calls or listening to meetings.



Pace, stretch, or walk during long conversations.



THE BENEFITS

- ✓ Reduces stiffness and tension
- ✓ Improves circulation and energy
- ✓ Boosts focus and creativity
- ✓ Supports better posture patterns throughout the day



MOVEMENT ISN'T A DISTRACTION—IT'S FUEL.

The more you move throughout the day, the better your body and mind perform.

“ Small moments of movement create big results over time. ”



FINISH STRONG. FEEL BETTER.

End your day with intention and build a routine that supports you.

RESET
#5

END-OF-DAY UNWIND

Take 2 minutes to release tension and reset your body.



1



CHEST OPEN STRETCH

Open your chest, squeeze shoulder blades together, and hold for 20–30 seconds.



2



UPPER BACK MOVEMENT

Gently rotate side to side or arch your upper back 10 times.



3



DEEP BREATHING

Inhale through your nose. Exhale slowly through your mouth. Repeat 5 times.



WHY IT MATTERS

These simple moves lower muscle tension, reduce stress, and help you sleep and recover better.

QUICK DAILY ROUTINE

Put it all together in just a few minutes each day.



7:00 AM

START STRONG

Check in with your body and set an intention to move well throughout the day.



EVERY 45–60 MINUTES

60-MINUTE RESET

Stand, move, breathe, and reset.



ALL DAY

GOOD POSTURE HABITS

Keep your screen at eye level, shoulders relaxed, and take tension checks.



DURING CALLS

MOVE WHEN YOU CAN

Walk or stand during calls and meetings.



END OF DAY

UNWIND & RESET

Take 2 minutes to stretch, breathe, and let go of the day.



CONSISTENCY IS KEY

Small daily habits lead to big long-term results.



DAILY REMINDER

You don't need perfect posture. You need better patterns.

Small resets. Consistent habits.

A stronger, healthier you.



STRONG TEAMS START WITH HEALTHY HABITS.

A posture-friendly workplace is a higher-performing workplace.

THE EMPLOYER ADVANTAGE

When your team feels better, your business performs better.



HEALTHIER EMPLOYEES

Fewer aches and pains mean fewer complaints and sick days.



HIGHER PRODUCTIVITY

Better comfort, focus, and energy lead to better performance.



IMPROVED MORALE

Employees feel cared for and valued.



LOWER HEALTHCARE COSTS

Prevention and education reduce long-term healthcare expenses.



Small changes in posture create a ripple effect across your entire organization.



Healthier teams. Stronger culture. Better results.

BRING THE RESET TO YOUR WORKPLACE

I help companies create healthier, more productive work environments through engaging, practical, and evidence-based workshops and presentations.



WORKSHOPS

Interactive sessions that teach simple strategies your team can use right away.



LUNCH & LEARNS

30–60 minute presentations that fit seamlessly into your workday.



WELLNESS PARTNER

Ongoing support to help your team build healthier habits together.



Investing in your team's health is one of the most powerful investments you can make for your business.

LET'S WORK TOGETHER TO BUILD A STRONGER, HEALTHIER TEAM.

THE IMPACT OF POSTURE-FRIENDLY WORKPLACES



27% reduction in sick leave absences

– Harvard Business Review



21% increase in productivity

– Gallup



32% reduction in musculoskeletal discomfort

– OSHA



24% improvement in employee morale and satisfaction

– Forbes



Ready to bring a Posture Reset to your workplace?

Let's connect and create a custom solution for your team.



Better Posture. Less Tension. More Energy. Stronger Performance.

DRJASONGERARD.COM

YOU'VE GOT THE TOOLS. NOW MAKE IT COUNT.

Small resets done consistently lead to big results. Your body will thank you.
Your team will feel the difference.
Your business will benefit.



START TODAY.

Pick one reset and commit to it.
Then build from there.

WHAT'S YOUR NEXT STEP?



FOR INDIVIDUALS

Keep using these resets daily and share this guide with a colleague.



FOR TEAMS

Bring a Posture Reset Workshop to your workplace and create lasting change together.



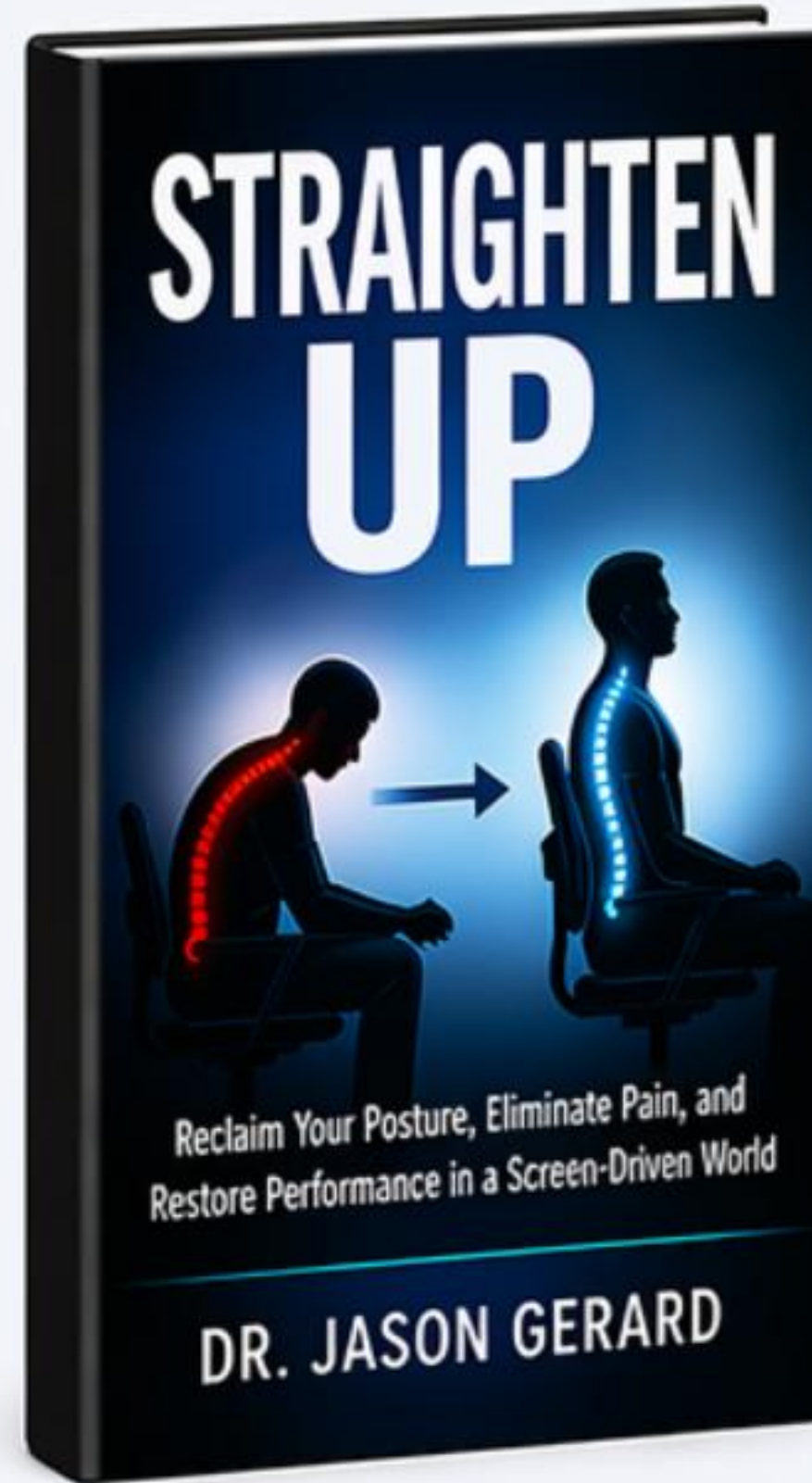
FOR ORGANIZATIONS

Invest in your team's health and performance with customized workshops and wellness solutions.

“ Better posture. Less tension.
More energy. Stronger performance.
It starts with you. ”

WANT TO GO DEEPER?

Get the full blueprint in my book,
Straighten Up.



PRACTICAL STRATEGIES
to improve posture and reduce pain



SIMPLE DAILY HABITS
that fit your workday



SOLUTIONS THAT LAST
for long-term energy, focus, and performance

Available on [Amazon](#) and wherever books are sold.

LET'S CONNECT

I help individuals, teams, and organizations create healthier habits, reduce tension, and perform at their best.



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Better Posture. Less Tension. More Energy. Stronger Performance.

THANK YOU FOR INVESTING IN
YOUR HEALTH AND YOUR TEAM.