

@THEFITBUSYEXEC

THE FIT BUSY EXEC DESK WORKER BODY FIX

Undo the damage of sitting all day.
Posture, pain, and mobility guide.

// A FREE GUIDE FROM @TheFitBusyExec

What Sitting Is Doing to You

If you sit for 8+ hours a day, your body is in a slow war against itself. Tight hip flexors pull your pelvis forward. Weak glutes stop firing. Rounded shoulders compress your chest. Forward head posture strains your neck. This isn't cosmetic — it causes real pain, reduces athletic performance, and leads to injuries.

Tight Hip Flexors

Sit all day and this muscle shortens and tightens, pulling your lower back into extension and causing chronic lower back pain. The most common desk worker injury.

Sleeping Glutes

Your glutes become inhibited from sitting — they forget how to fire properly. This transfers load to your lower back and knees, causing pain in both.

Upper Cross Syndrome

Tight chest and neck flexors, weak upper back. Result: rounded shoulders, forward head, mid-back pain, and shoulder impingement.

Thoracic Stiffness

The mid-back is designed to rotate. Sitting compresses it for hours, reducing mobility and forcing compensation from your lower back and neck.

The Daily 10-Minute Protocol

This protocol addresses every major desk worker problem in 10 minutes. Do it every morning before your first call or during lunch. Consistency over intensity — 10 minutes daily beats 60 minutes once a week.

HIP FLEXOR STRETCH

2 minutes

- Kneel on one knee, other foot forward
- Tuck pelvis under — feel a deep pull in front of hip
- 60 seconds each side

GLUTE BRIDGE

2 minutes

- Lie on back, knees bent, feet flat
- Drive hips up by squeezing glutes — not pushing with lower back
- Hold 2 seconds at top, lower slowly

DOORFRAME CHEST OPENER

1 minute

- Arms at 90° in a doorway
- Step forward and lean chest through
- Hold 30 seconds — stretch across chest and front shoulders

CHIN TUCK

1 minute

- Sit tall, slide head straight back (double chin)
- Hold 5 seconds. Release. 10 reps.
- Directly counteracts forward head posture from screens

THORACIC ROTATION

2 minutes

- Sit in chair, hands behind head, elbows wide
- Rotate upper body left, hold 2 seconds
- Return, rotate right — 10 reps each direction

CAT-COW

2 minutes

- On hands and knees — wrists under shoulders
- Cat: round spine up, tuck chin and pelvis
- Cow: drop belly, lift head and tailbone

At-Desk Habits That Change Everything

Mobility work fixes what sitting broke. These habits prevent the breaking in the first place. Applied consistently they dramatically reduce the accumulation of postural damage throughout your day.

The 30-30 Rule

Every 30 minutes of sitting, stand for 30 seconds.

Set a recurring timer. Non-negotiable. Interrupts sustained compression of hip flexors and glutes.

Monitor Height

Top of monitor at or just below eye level.

Most monitors are too low, causing a forward hunch all day. Even 3-4 inches of height change makes a big difference.

Standing Desk

Alternate: 30-45 min sitting, 30-45 min standing.

Standing all day is not better than sitting all day. The movement between is the point.

Phone Position

Never hold your phone below shoulder height.

This creates 40-60 lbs of cervical spine load. Raise it to eye level when reading or texting.

Chair Setup

Feet flat. Knees at 90°. Hips slightly higher than knees.

Most expensive chairs are set up incorrectly. A \$200 chair set up properly beats a \$2,000 chair set up wrong.

Your Body Keeps the Score.

Every hour you sit without moving, every tight hip flexor, every forward head posture — it all accumulates. The executives who perform best in their 50s and 60s maintained their bodies in their 40s. This is directly connected to your energy, focus, and presence in the room.

// YOUR ACTION LIST

- Do the 10-minute daily protocol starting tomorrow morning
- Set a 30-minute recurring desk timer today
- Check your monitor height — adjust if needed
- Follow @TheFitBusyExec for weekly mobility and fitness content
- Share this with a colleague who complains about back pain

