



## *Saving your* **OWN NECK**

Got tech neck? Find out how functional fitness can ease desk-bound conditions such as neck pain and fatigue.

BY ZOE MEUNIER

In today's digital era, desk jobs and many hours spent in front of a screen are not only common, but are also contributing to a range of physical conditions such as 'tech neck' – chronic neck pain caused by continuously straining the neck muscles while using technology, eventually leading to poor posture, joint inflammation, pinched nerves, and even herniated discs.

The latest buzzword in the fitness industry, functional fitness is a key modality focused on counterbalancing these negative effects by creating an aligned body that is able to thrive in both professional and personal spheres.

"To directly address the issues arising from prolonged sitting and computer use, we advocate for regular movement breaks throughout the day," says Jenna Louise, a performance leader from The Yard Gym (theyardgym.com), an Australian boutique strength and conditioning franchise. "Integrating short, active sessions helps maintain body vitality and prevents stiffness." Jenna explains that even stepping outside for five to 10 minutes can have huge

benefits on your overall health. "This brief shift not only rejuvenates your physical state, but also refreshes your mental clarity, enabling you to return to your tasks re-energised and more productive."

When it comes to workouts, Jenna recommends rigorous training sessions that focus on building strength, flexibility and endurance – "key attributes for anyone confined to a desk for long hours," she adds. At The Yard Gym, those classes (known as Rig and/or Turf) are complemented by mat Pilates sessions, which work on "core strengthening, spinal alignment and precise movements that enhance posture and body awareness".

"By embracing a holistic approach to fitness, incorporating both high-intensity training and focused movement practices like Pilates, every aspect of your physical health is addressed," explains Jenna, adding that this blend of activities "not only helps alleviate the immediate discomforts of desk fatigue, but also builds a stronger, more resilient body capable of thriving in today's fast-paced, sedentary world." **P**