

The weight of the desk, in a nutshell.

Six to eight hours at a desk taxes a team slowly and silently — posture collapses, the neck loads, energy and focus leak away before anyone notices. Here is the whole idea on one page, and three resets your people can use at their desk today.

THE SHIFT

HARDWARE ERGONOMICS

Adjusting the furniture.

New chairs, sit-stand desks, monitor arms.
Necessary — but it fixes the room, not the human. The body still holds the same habits in a better-built seat.

SOFTWARE ERGONOMICS — WHAT ESPY DOES

Retraining the body.

Posture, breath and micro-movement, coached until they stick. **The behaviour is the variable that actually changes** — and it travels with the person, desk to desk.

50/5

The 50/5 rule — the cadence the method runs on.

For every **fifty minutes** of focused desk work, **five minutes** of deliberate, screen-free resets — enough to restore circulation, rehydrate the spinal discs and reset posture before strain sets in.

THREE DESK-SIDE RESETS YOUR TEAM LEARNS

01

The Thoracic Chest Opener

Rounded shoulders & a tight chest

Sit tall, fingers laced behind the head, elbows wide — exhale and lift the breastbone, letting the upper back arch over an imaginary ball.

3-5 slow, deep breaths

02

The Shoulder Scapular Glide

Upper-trap tension & creeping shoulders

Inhale and shrug the shoulders to the ears; exhale and let them slide heavy all the way down — shoulder blades into your back pockets.

5 fluid cycles

03

The Axial Neck Decompression

"Tech neck" & a forward head

Eyes level, one finger on the chin — draw the chin straight back into a subtle "double chin", the back of the head sliding up an imaginary wall.

5-8 slow, controlled glides

Protected posture **compounds**: fewer aches and sick days, steadier energy, sharper focus — and a team that can feel its leadership has invested in them.

Want the full picture?

The complete book — "The Weight of the Desk" — plus a 10-minute chat.

espyhealthhub.com
reception@espyhealthhub.com