

VITALITY SEMAPHORE

The 5-Minute Vitality Reset

Because your desk shouldn't be a pain in the neck

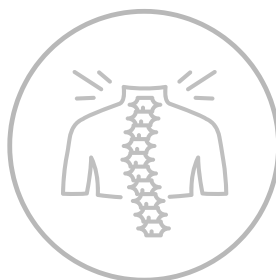
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The Problem: Postural Fatigue

Sitting is a marathon for your spine. Whether you're at the Port or working from home in Semaphore, hours of slouching slowly drain your energy, focus, and mobility.

The Vitality Promise

Just five minutes a day to help you stay mobile, focused, and out of pain — using the same movements we give our patients in the clinic.



The 5-Minute Routine

Minute 1: The “Text Neck” Neutralizer (Chin Tucks)

Sit tall and gently draw your chin straight back, creating a ‘double chin’.

Why it works: Resets the cervical spine and strengthens deep neck muscles.

Pro Tip: Imagine a string lifting the back of your head upward.



The 5-Minute Routine

Minute 2: The “Doorway” Opener (Chest Stretch)

Place your forearms on a door frame or chair back and lean forward.

Why it works: Opens tight chest muscles from typing and driving.

Pro Tip: Take three slow belly breaths.



The 5-Minute Routine



Minute 3: The Thoracic Twist (Seated Rotation)

Cross one leg over the other and rotate toward the top leg.

Why it works: Restores movement to the stiff mid-back.



The 5-Minute Routine

Minute 4: The Figure 4 (Hip Opener)

Place ankle over opposite knee and hinge forward slightly.

Why it works: Activates hips and glutes shut down by sitting.



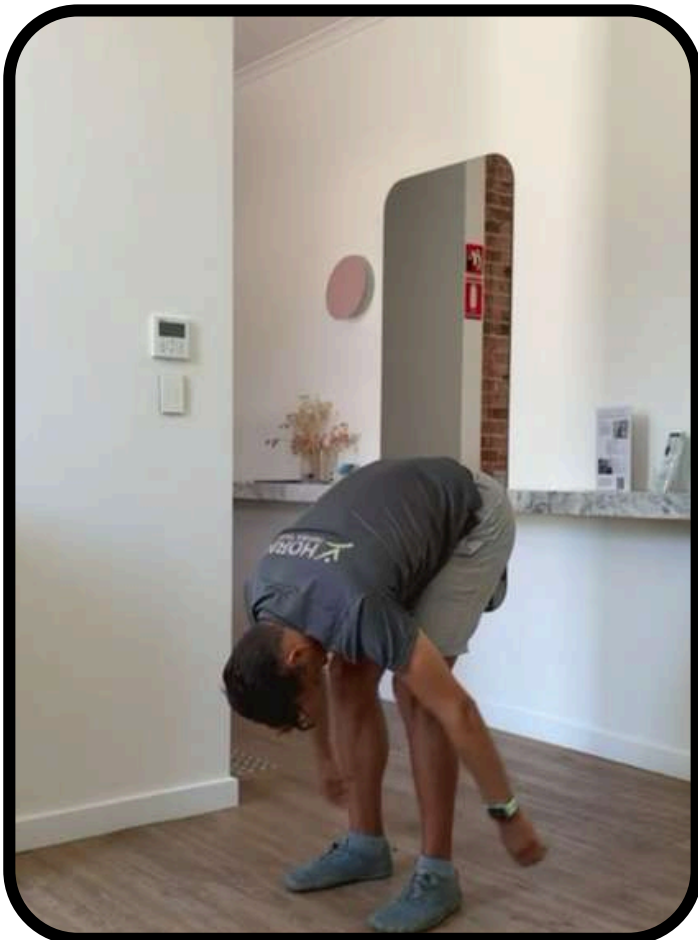
The 5-Minute Routine



Minute 5: Sky Reach & Decompress

Stand tall, reach both arms overhead, inhale deeply. Exhale and shake out.

Why it works: Resets circulation and calms the nervous system.



What's Next?

The Yellow Flag Checklist

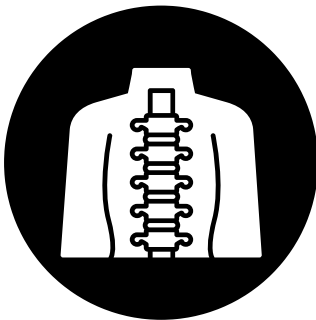
If you felt sharp pain, clicking, or ongoing stiffness during these movements, your spine may need more than stretching alone.

Ready for a Professional Reset?

As a thank you for downloading this guide, we're offering a Subscriber-Only Assessment at our Semaphore clinic.

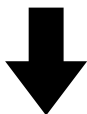
Includes:

- Full Spinal Scan
- Posture Analysis
- Initial Consultation



Book Your Assessment

Click below to take the next step in your health



**VITALITY
SEMAPHORE**

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