

staying fit at work pdf

These Fit for Work posters and leaflets, available in English and Welsh, are designed to offer physiotherapy tips and advice for workers and promote the use of physiotherapy to counter work-aggravated health problems.

Fit for Work posters and leaflets | The Chartered Society

The Chartered Society of Physiotherapy (CSP) is the professional, educational and trade union body for the UK's 57,000 chartered physiotherapists, physiotherapy students and support workers.

Fit for active work posters and leaflets | The Chartered

A workaholic is a person who works compulsively. While the term generally implies that the person enjoys their work, it can also alternately imply that they simply feel compelled to do it. There is no generally accepted medical definition of such a condition, although some forms of stress, impulse control disorder, obsessive-compulsive personality disorder, and obsessive-compulsive disorder can ...

Workaholic - Wikipedia

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IMPORTANT: How to Gain Exemption from DWP/Atos â€”Fit for

The health hazards of sitting. We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ...

The health hazards of sitting - The Washington Post

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Removing waste from the body is only one of the main functions of your kidneys. Take a look at the things kidneys do that makes them so important.

How Your Kidneys Work | National Kidney Foundation

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