

SPINE HEALTH FOR REAL LIFE

Over one million people in the UK are currently off work due to chronic back pain.

It is now the leading cause of sick leave and a significant contributor to low mood and chronic stress – yet most of us were never taught how the spine actually works, or how to look after it before pain appears.

This talk is for men and women of all ages – whether you're active, stiff, hypermobile, desk-bound, sporty, managing old injuries, living with daily back niggles, or simply want to stay strong as you age.

It offers clarity, not overwhelm.

In this 30-minute talk, you'll learn:

- What a healthy spine really needs (it's simpler than you think)
- The powerful link between spine health, stress and breathing
- How posture actually works – and why “sit up straight” isn't the answer
- Everyday habits that protect long-term spinal health
- Simple movement strategies to reduce pain and build strength

You'll leave with clarity, confidence and practical tools you can use immediately.

Many people silently live with recurring back pain when the solutions are often simple – and can be woven into even the busiest lives.

Spine health isn't a fitness topic – it's a life topic.

Essential for everyone.

PREVENT PAIN • IMPROVE POSTURE • MOVE WELL

SOPHIE PLATO

Mind Body RESeT®