

SPINE HEALTH FOR REAL LIFE

ESSENTIAL HEALTH EDUCATION FOR MODERN LIFE

Over one million people in the UK are currently off work due to chronic back pain. It's 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 care for it before pain appears.

This talk is for men and women of all ages. Whether you're active or sedentary, stiff or hypermobile, desk-bound, sporty, managing old injuries, living with daily back niggles, or simply wanting to stay strong as you age. It offers clarity, not overwhelm.

ABOUT THE TALK

This clear, accessible session explores how the spine functions as part of the whole body and nervous system - not as a structure to be "held" or forced into posture.

Drawing on movement science, breath mechanics and nervous system literacy, Sophie explains how modern lifestyles shape spinal health - and how small, intelligent changes can restore movement, ease and resilience. No jargon. No fear-based messaging. Just practical, real-world understanding.

WHAT PARTICIPANTS LEARN

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

Participants leave with clarity, confidence and practical tools they can use immediately.

FORMAT

- 30-minute talk
 - Option to extend with movement integration and Q&A
- Suitable for workplaces, education settings, community events and conferences
 - Delivered in a calm, inclusive and practical way

WHO IT'S FOR

- Individuals experiencing back pain or stiffness
 - Desk-based and high-pressure teams
- Organisations seeking preventative health education
- Anyone wanting to move, work and age with greater ease

Spine health isn't a fitness topic - it's a life topic. Essential for everyone.

Delivered by Sophie Plato
Health Speaker & Movement Educator
Proactive Healthcare for the Real World

PREVENT PAIN · IMPROVE POSTURE · MOVE WELL

www.sophieplatoreset.com