



**BE FIT2SIT**  
KYM SIDDONS PHYSIO

[www.kymsiddonsphysio.com.au](http://www.kymsiddonsphysio.com.au)

## 'Be Fit 2 Sit' Parent Workshop

*Posture Tips, Exercises & Ergonomics  
to help Students feel & function their  
best at their desk... & beyond!*

MPS - Wednesday May 19th @ 6.30pm in the Kurraka

\$5 per family

### Meet Physio Kym Siddons

Recognising strong links between exercise, posture and improved physical and mental health. Kym brings her 20+ years of experience as a high performance physiotherapist to elite sporting teams, plus occupation health expertise, to her wellbeing programs in schools and workplaces. Kym equips and empowers students, their teachers and parents to develop their physical resilience, so they can avoid aches and pains, perform at their best and be confident and capable movers and learners for life!

Come along to discover activities and advice to help you and your students'

- Improve muscle tone and co-ordination
- Boost attention span, concentration and energy levels for learning
- Set up their home study environment (ergonomics)
- Reinforce healthy posture habits
- Encourage self-care strategies for device use, studying (including on the bed!), carrying heavy bags
- Strengthen 'anti-slouching muscles' and improve flexibility