



## Let's Get Moving

### 1 Posture

Finding a neutral sitting position

### 2 Posture

Finding a neutral standing position

### 3 Knees

Knee raises with neutral pelvis

### 4 Sitting to Standing

+/- mini squat holds

### 5 Neck and Head

Neck rotation/head tilt

### 6 Upper Back

Upper back rotations

### 7 Ankles

Ankle flex and rotation

### 8 Standing

Leg raises

### 9 Standing

Calf raises

### 10 Shoulders and Arms

Shoulder flexion/abduction

### 11 Shoulders and Arms

Shoulder rotation

### 12 Shoulders

Range of movement

### 13 Postural Correction

Maintaining good posture

The exercises described in this leaflet are designed to promote awareness of good posture. Each exercise helps to correct and control posture, encourages the movement of key body areas prone to becoming stiff and contributes to improved balance. If you suffer from any pre-existing conditions or experience any discomfort whilst carrying out these exercises, then please seek advice from a qualified professional (e.g. GP or physiotherapist).

**Please ensure your clothing, the environment and equipment used for these exercises is appropriate for the task.**

## Staffordshire Employee Wellbeing



## Living Life Well

### Let's Get Moving

From the Health, Safety and Wellbeing Service

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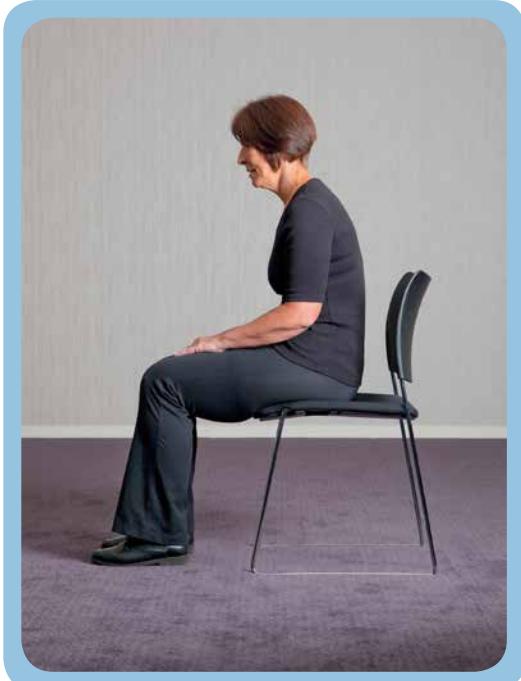
## Let's Get Moving

### Posture

Finding a neutral sitting position

## Pelvic tilting, finding neutral position and postural correction

Pelvic tilt movement – in sitting, slowly roll your pelvis backwards and forwards. Concentrate on a slow, smooth movement and avoid rocking your upper body.



You can place your hands under your 'sitting bones' (or over the crests of your pelvis) and feel for them rolling forwards and backwards.

## Finding a 'neutral' pelvic position

Once familiar with the pelvic tilting exercise, try to find the mid position of rolling your pelvis forwards and backwards and hold this position.

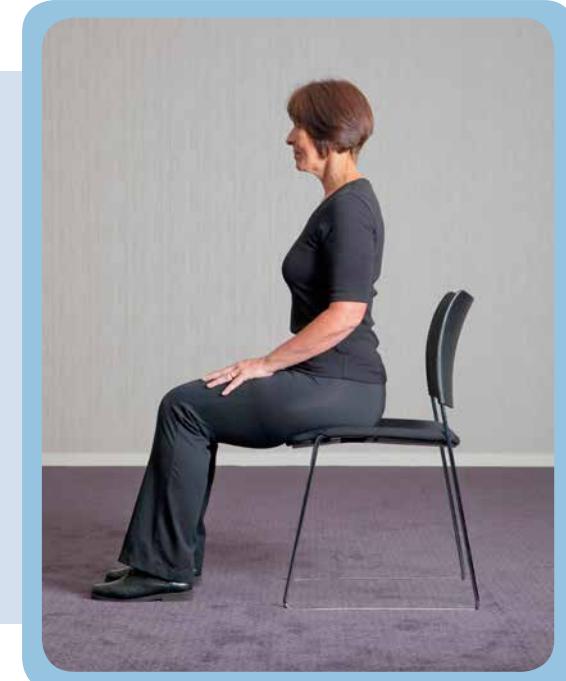


### The Benefits for You

Maintaining or increasing your flexibility by putting your body through a full range of movements helps to keep it flexible. Activities don't need to be structured; any kind of activity will create benefits.

## Neutral pelvic position.

The pelvis should now be in a neutral position.



Consider walking instead of driving, or taking the stairs instead of the lift. Exercise is good for your mind. It is known to lift your self-esteem and improve your sense of worth.



[www.intra.staffordshire.gov.uk/healthsafetywellbeing/HealthSafetyWellbeing.aspx](http://www.intra.staffordshire.gov.uk/healthsafetywellbeing/HealthSafetyWellbeing.aspx)

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