

## 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

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## Let's Get Moving

### Postural Correction

Maintaining good posture

## Postural correction

### Try to correct your posture throughout the day.

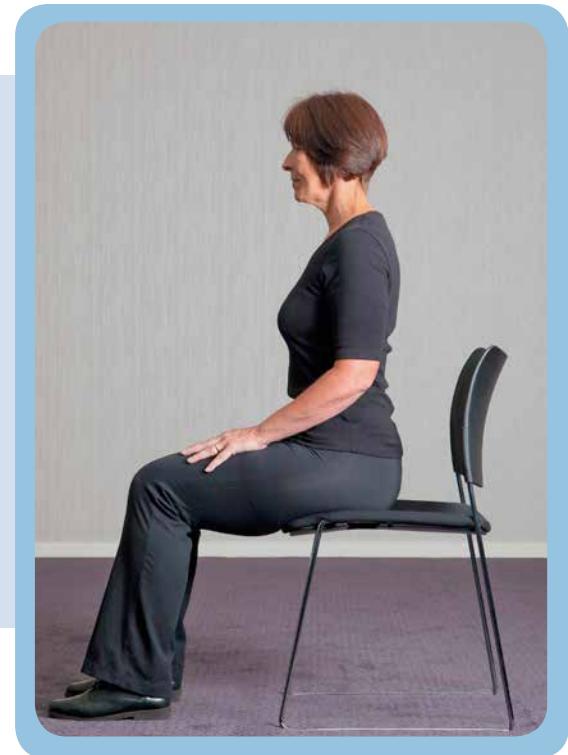
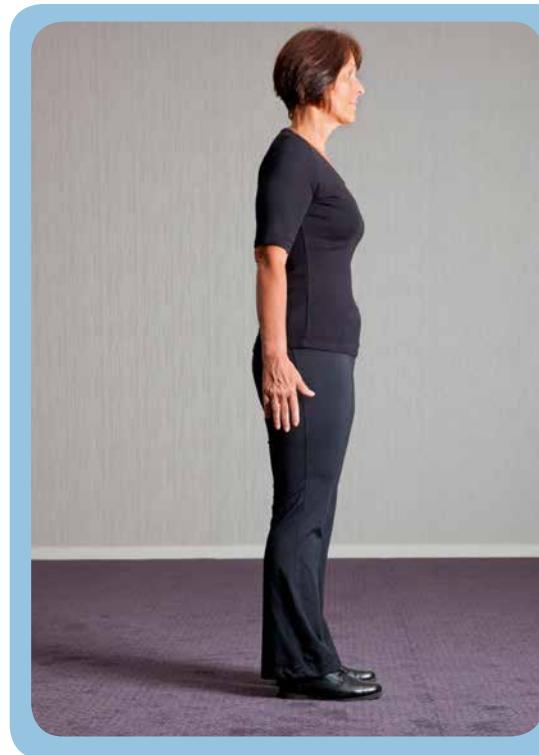
Find the neutral pelvic position and maintain this position as you lift your chest plate and slightly squeeze the muscles between your shoulder blades. Try to avoid elevating/hunching or pushing your shoulders forward.

Finally, slightly draw back your head (avoid lifting your chin up). Hold for 30 seconds -1 min.

### Repeat regularly throughout the day.

Try to find a neutral posture with key triggers e.g. after every e-mail read, during advert breaks or each time someone calls your name. Try to pick triggers that are regularly occurring and specific to your daily pattern.

**Tip** - Using the corner of a wall or doorframe can help with finding good alignment in standing. Put your heels against the corner first, keep knees straight but relaxed, find a neutral pelvic position and correct posture as above. Make sure your spine is lined up with the corner of the wall.



### 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.

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.

**Being active will help you  
Live Life Well**



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

<http://education.staffordshire.gov.uk/School-Admin/HealthSafetyWellbeing/Health-Safety-and-Wellbeing-Service.aspx>