



## 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

### Neck and Head

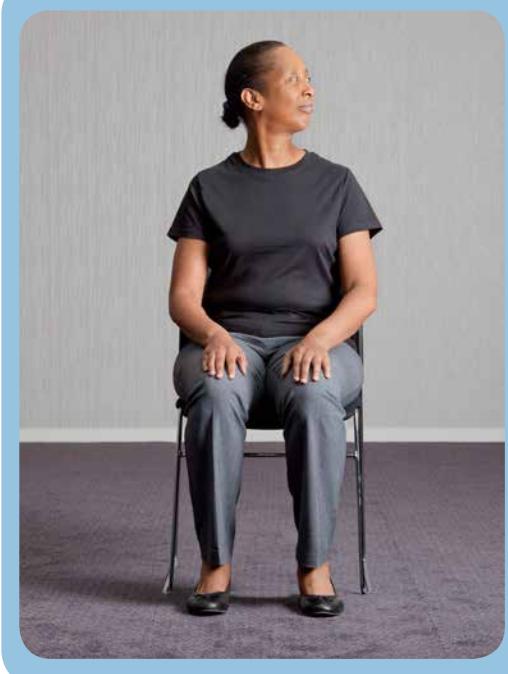
Neck rotation/head tilt

## Neck and head

Starting from the neutral position.

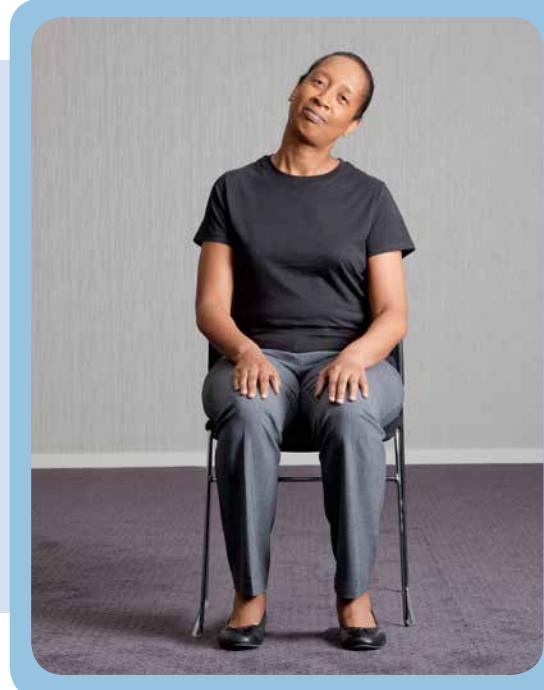
### Neck rotation

in sitting or standing slowly turn your head as far as you can within a comfortable range (left and right) and hold for 5-10 seconds before returning to the neutral position.



### Head side tilt

in sitting or standing, keep your nose pointing forwards and slowly slide your ear towards your shoulder (try to avoid rotating your head or lifting your shoulder towards your ear). Hold for 5-10 seconds before returning to the neutral 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. 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>