

## 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



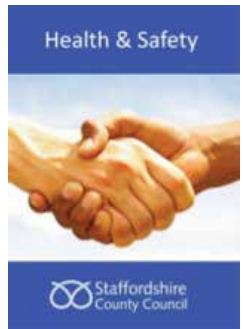
### Living Life Well

### Let's Get Moving

From the Health, Safety and Wellbeing Service

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## Let's Get Moving

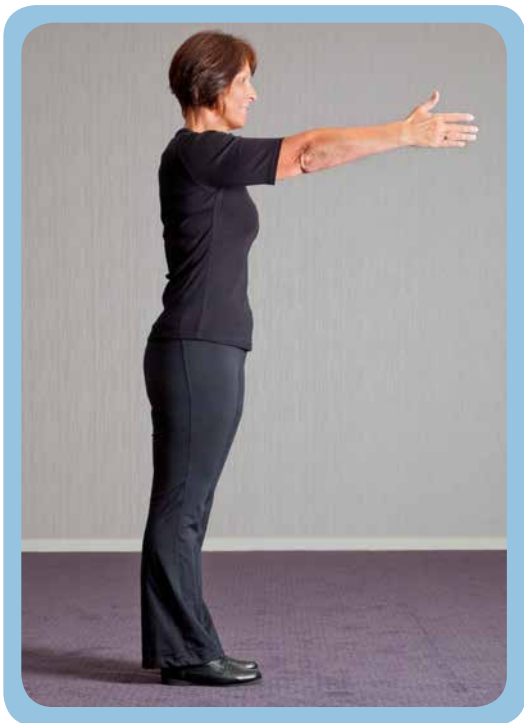
### Shoulders and Arms

Shoulder flexion/abduction

## Shoulder flexion

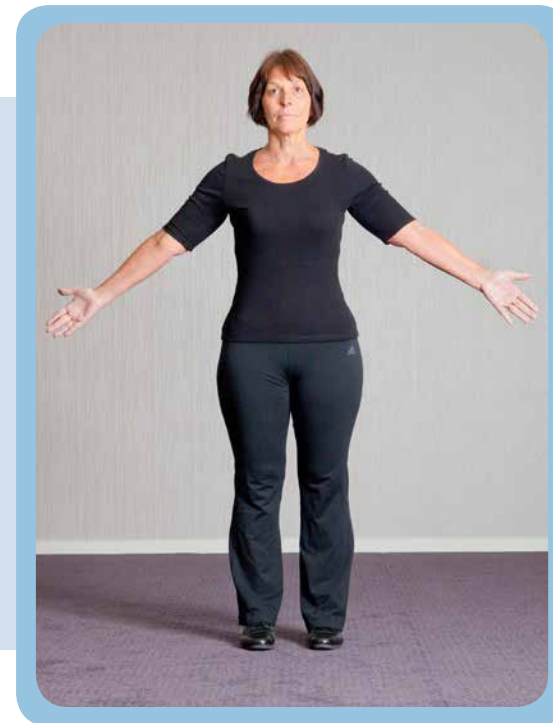
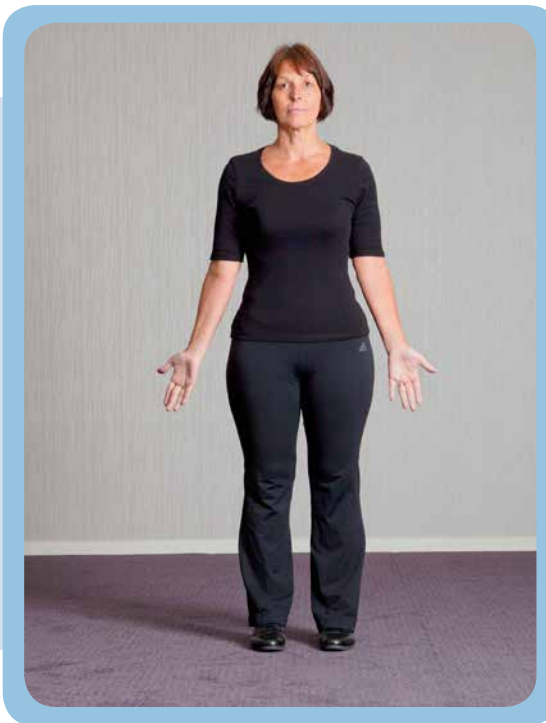
Slowly and smoothly elevate your arms forwards and upwards as high as possible within a comfortable range, then slowly lower back down.

**Repeat 10 times**



## Shoulder abduction

Slowly and smoothly elevate your arms out to the side and upwards as high as possible within a comfortable range before slowly lowering back down



### 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>