

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



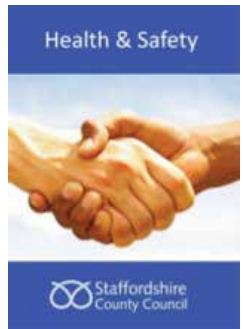
Living Life Well

Let's Get Moving

From the Health, Safety and Wellbeing Service

01785 355777

shss@staffordshire.gov.uk



Let's Get Moving

Shoulders and Arms

Shoulder rotation

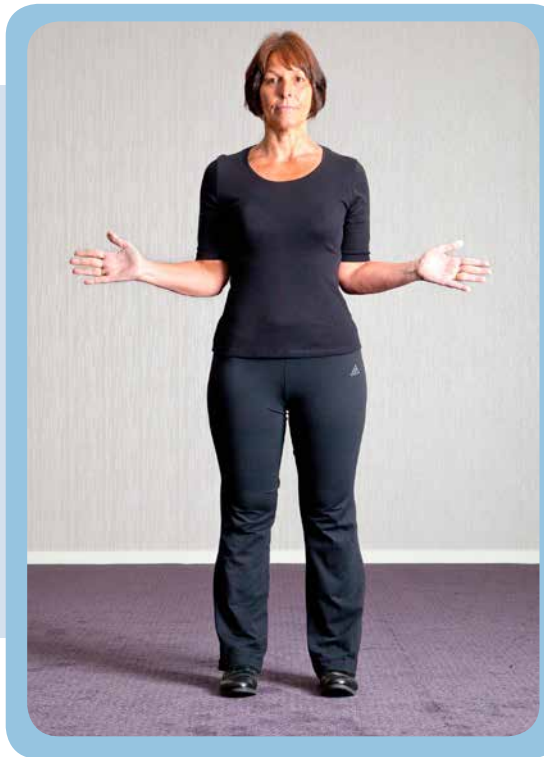
Shoulder external rotation

Keep your elbows bent to 90 degrees and by your side. Slowly turn your arms outwards as wide as possible within a comfortable range.

Return to the start position.

Try to avoid letting your elbow leave your side and don't rotate your chest

Repeat 10 times



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