



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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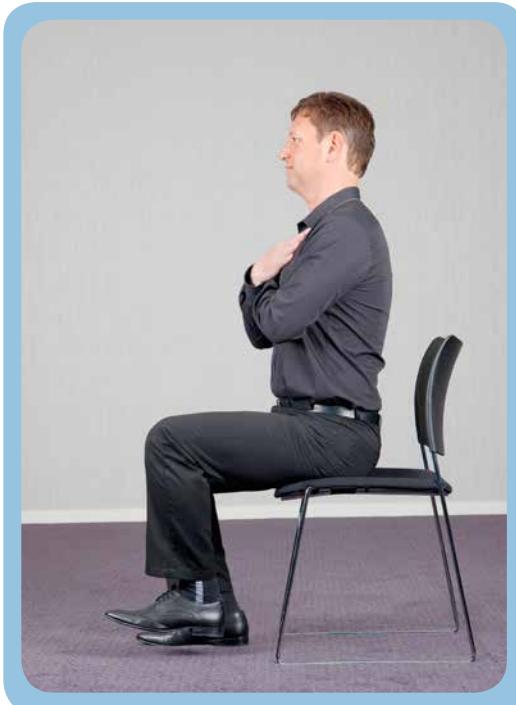
Let's Get Moving

Sitting to Standing

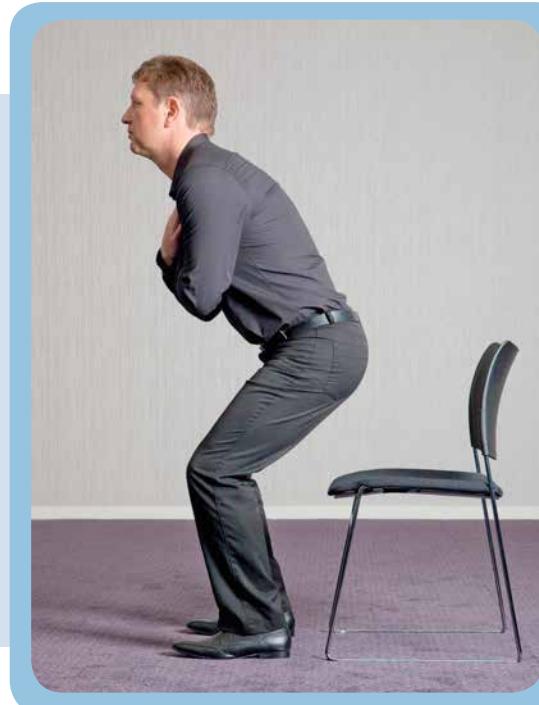
+/- mini squat holds

Sitting to standing (+/- mini squat holds)

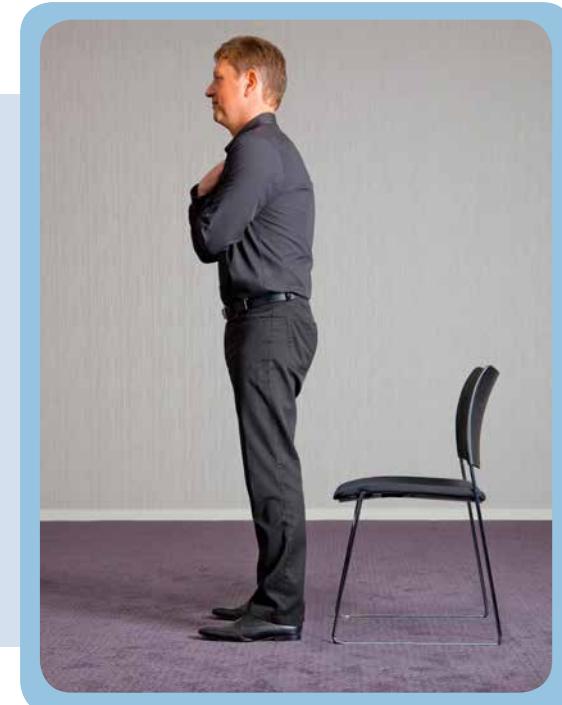
Sitting, position yourself towards the front of your chair. Make sure your feet are positioned waist-width apart with feet facing forwards (toes and heels roughly in line).



Try to rise from your chair with your head leading and, if possible, without using your arms. Once stood slowly lower back down onto your chair. Repeat 5-10 times.



Importantly, avoid allowing your knees to converge inwards or outwards when rising or descending. Progress this activity by adding 10-30 second 'holds' half way between sitting and standing.



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

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.

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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>