



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

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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

Standing

Leg raises

Leg side raise

When standing in neutral position (if you need support, use a chair or appropriate work surface).

Raise your left leg out to the side to a comfortable height, before slowly returning your leg to the starting position.

Repeat with your right leg.

Repeat 10 times.



Backwards leg raise

When standing in a neutral position (if you need support, use a chair or appropriate work surface), raise your left leg backwards as high as comfortable before slowly returning your leg to the starting position. Keep your toes pointing forwards (avoid turning your foot outwards) avoid rotating your pelvis and try not to lean forwards as you raise your leg.

Repeat with your right leg.

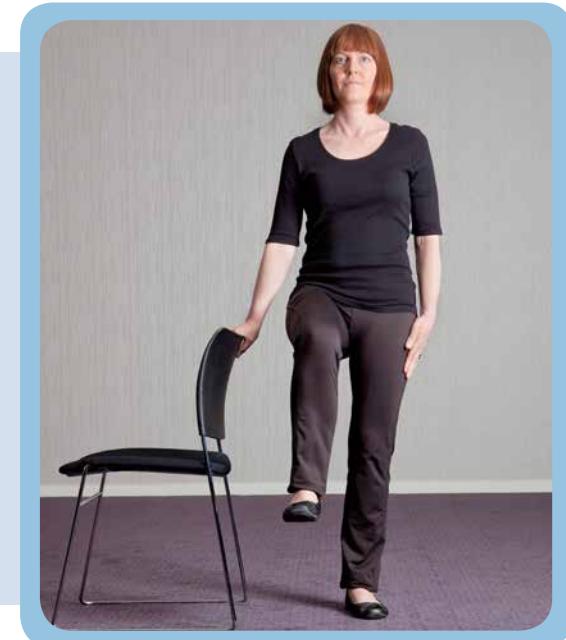
Repeat 10 times.



Leg lift from standing

When standing in neutral (if you need support, use a chair or appropriate work surface), raise your left leg forwards - with knee bent - as high as comfortable before slowly returning your leg to the starting position.

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>