

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



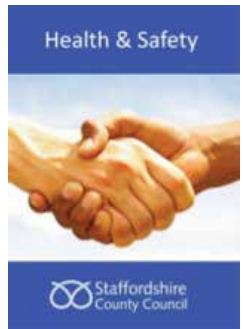
Living Life Well

Let's Get Moving

From the Health, Safety and Wellbeing Service

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Let's Get Moving

Standing
Calf raises

Calf raises

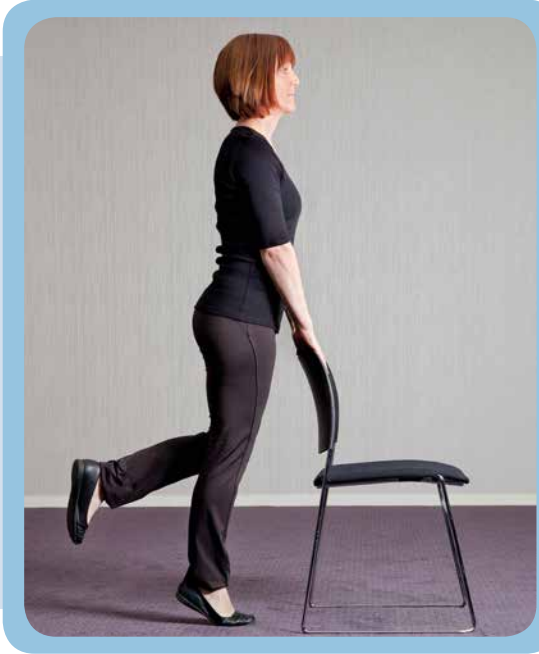
Standing in neutral position, with hands resting on a chair or stable work surface in front and feet waist width apart, slowly rise onto your tiptoes as high as comfortable, then, raise one leg flexed at the knee behind you.



Progress this exercise

With hands resting on a chair or stable work surface in front, slowly rise onto your tiptoes as high as comfortable, then, raise one leg flexed at the knee behind you.

Repeat with the other leg.

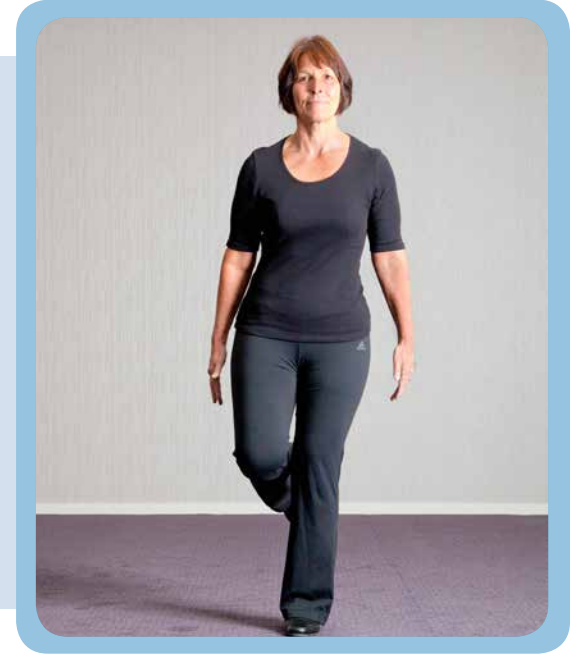


Single leg stand

Standing on one leg, with the aim to balance. To keep your balance it may help if you focus on something at eye level in front of you, or use a chair or stable work surface to support you.

Try to avoid your inside foot arch rolling inwards and allowing your hip to stick out.

Repeat with the other leg.



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>