



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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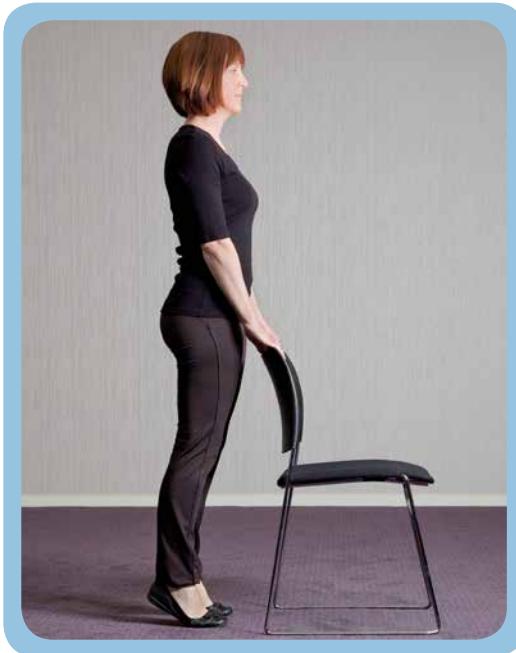
Let's Get Moving

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 before slowly lowering back to the start position.



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.



The Benefits for You

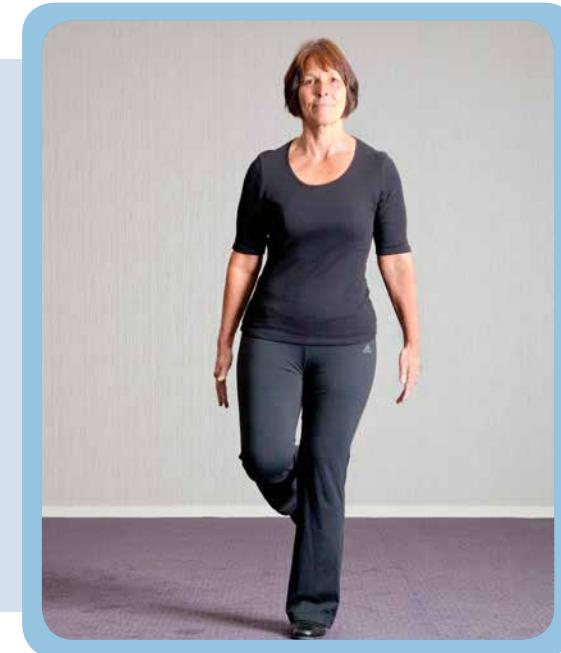
Maintaining or increasing your flexibility by putting your body through a full range of movements helps to keep it flexible. Activities don't need to be structured; any kind of activity will create benefits.

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.



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>