



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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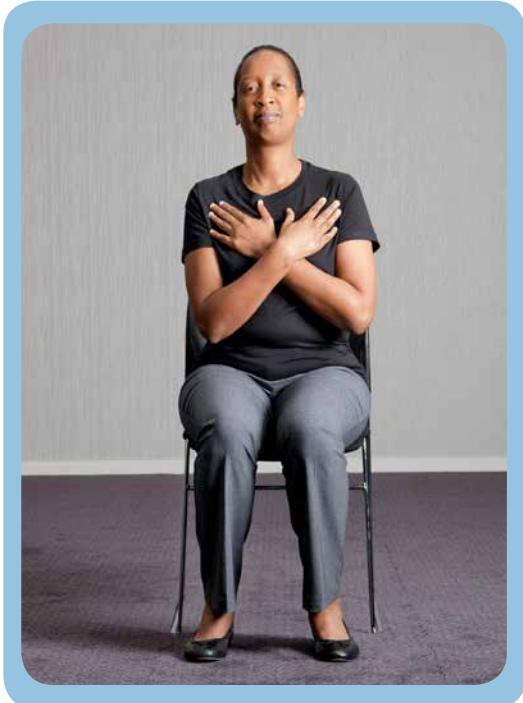
Let's Get Moving

Upper Back

Upper back rotations

Upper back rotations

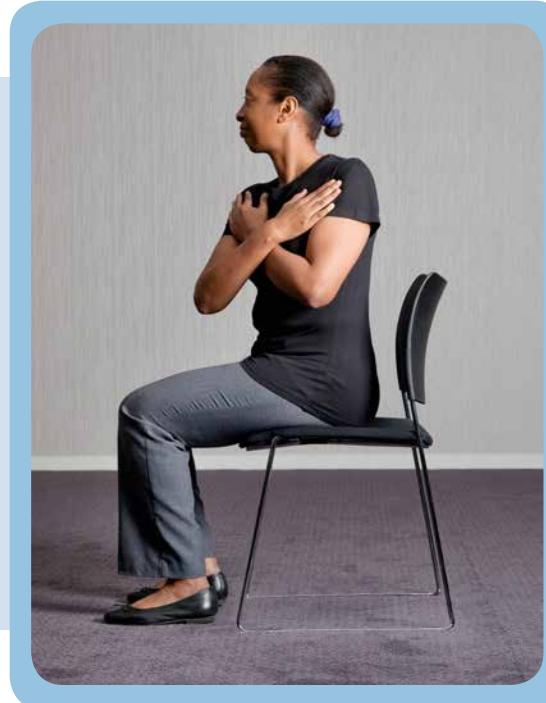
Sitting in neutral position, gently rest your arms across your chest (avoid pushing your shoulders forward).



You can place your hands under your 'sitting bones' (or over the crests of your pelvis) and feel for them rolling forwards and backwards.

Neck/upper back dissociation

From a neutral position turn your shoulder axis to your left or right as far as you can, within a comfortable range, whilst keeping your head facing forwards. Carry out this exercise for 1-2 minutes. Performing this exercise in front of a mirror can help to encourage a neutral head position

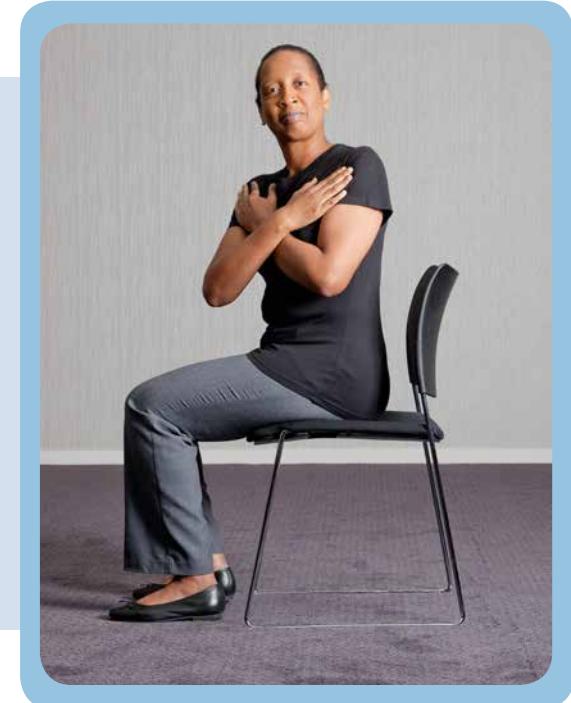


The Benefits for You

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.

Rotation

Turn your shoulder axis to your left or right as far as possible, within a comfortable range. Let your head follow the movement but avoid your pelvis and legs following. Take a deep breath and try to turn further as you breathe out before returning



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>