# nib

**WORK TO WELLBEING** 

BODY AND MOVEMENT



# BODY AND MOVEMENT

- The way in which we move is unique. It is important that a person has good control, stability and mobility during movement. This is particularly important when preparing to exercise but also to restore balance and symmetry to the body after exercise.
- We all move differently and it is important to find what works for you.
- We've included a few examples of exercises to target common areas of tightness / restriction.



## MOVE YOUR BODY

Perform each movement for sixty seconds, three circuits with thirty seconds rest between each exercise.

#### **NECK**

- Range of motion exercises and posture







### **THORACIC**

- Open book stretch



- Kneeling rotation



- Kneeling extension



#### HIPS AND LOWER BACK

- The "World's Greatest Stretch"





#### **ANKLES**

Downward dog series



#### **RELAX**

 Relax and/or repeat the circuits as required



This training plan has been designed by The Blues. You should always consider seeking professional medical advice before commencing any training plan. This plan is a guide only and you may need to adjust to suit your personal fitness level.



