

nib

WORK TO WELLBEING

BODY
AND
MOVEMENT



nib

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

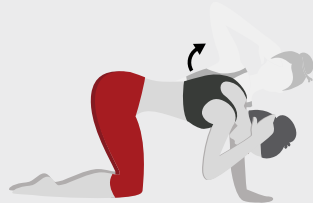


THORACIC

- Open book stretch



- Kneeling rotation

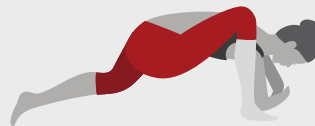


- Kneeling extension



HIPS AND LOWER BACK

- The "World's Greatest Stretch"



ANKLES

- Downward dog series



RELAX

- Relax and/or repeat the circuits as required

