

Movement is Medicine

Ten easy ways to move more.

Seated, stretch your legs out in front of you & rotate your ankles, drawing slow circles with your toes.

Go both ways.
Great for tired legs and feet!

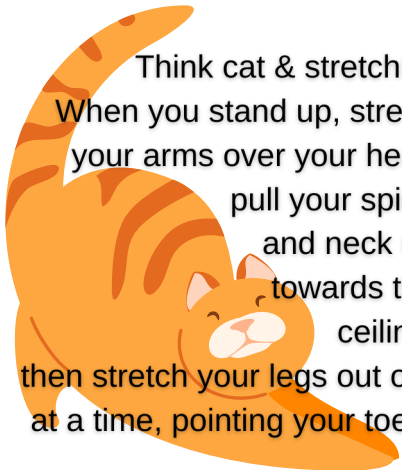


Imagine you have a 'cheerleader's' pony tail on top of your head, and that someone is pulling it straight up. Your chin should tuck down slightly and you'll feel your neck lengthen.

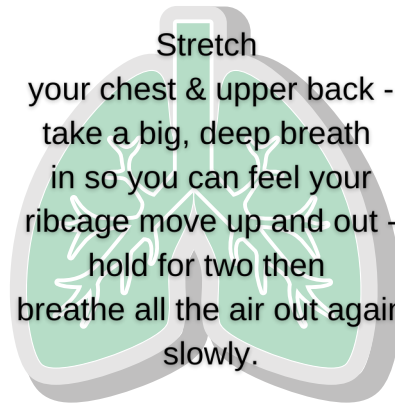


When you stand up out of a chair, don't use your hands to help you up.

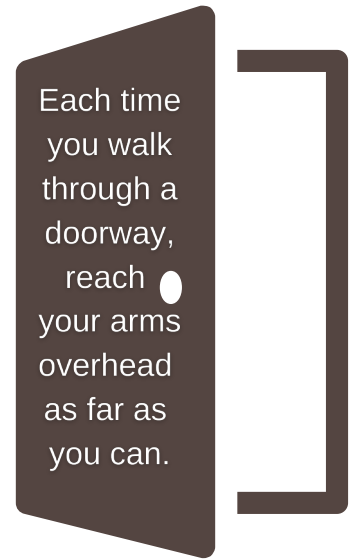
Think cat & stretch!
When you stand up, stretch your arms over your head, pull your spine and neck up towards the ceiling, then stretch your legs out one at a time, pointing your toes.



Stretch your chest & upper back - take a big, deep breath in so you can feel your ribcage move up and out - hold for two then breathe all the air out again slowly.

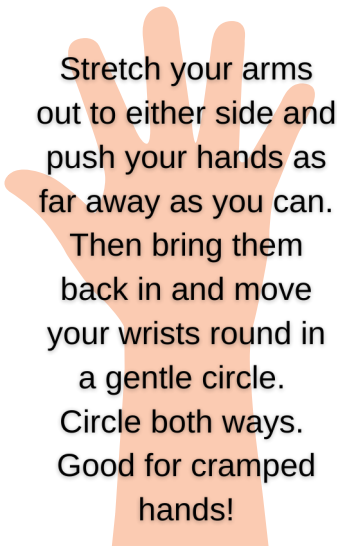


Each time you walk through a doorway, reach your arms overhead as far as you can.



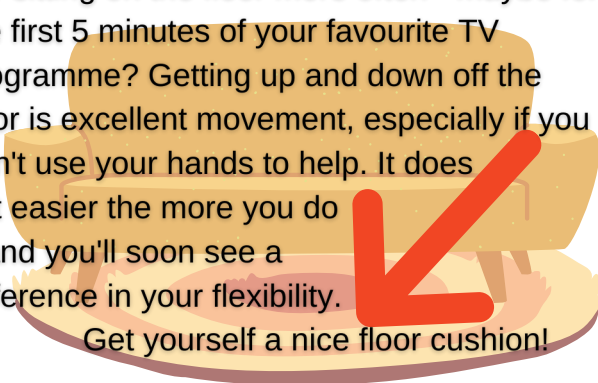
Stretch your arms out to either side and push your hands as far away as you can.

Then bring them back in and move your wrists round in a gentle circle. Circle both ways.
Good for cramped hands!

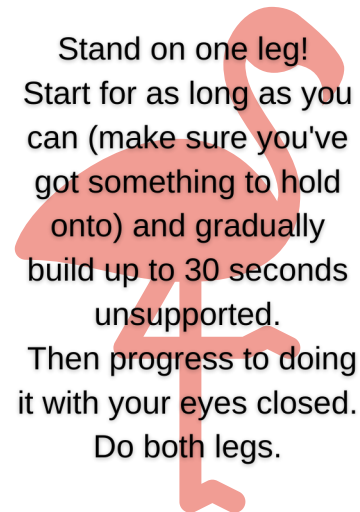


Try sitting on the floor more often - maybe for the first 5 minutes of your favourite TV programme? Getting up and down off the floor is excellent movement, especially if you don't use your hands to help. It does get easier the more you do it and you'll soon see a difference in your flexibility.

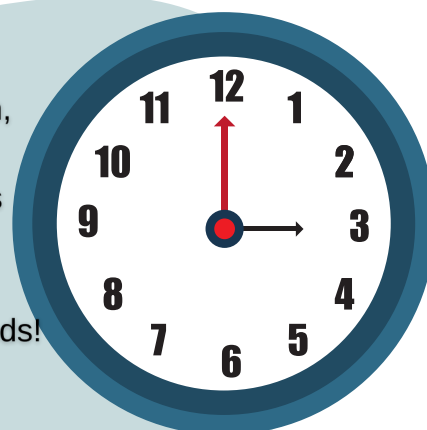
Get yourself a nice floor cushion!



Stand on one leg!
Start for as long as you can (make sure you've got something to hold onto) and gradually build up to 30 seconds unsupported. Then progress to doing it with your eyes closed. Do both legs.



Fidget often! Stretch, rotate, squeeze - move as many parts of you as you can - your legs, your feet, your arms, your hands!



Please talk to your GP or physio if you have an injury or MSK condition.



Persona
We're all about you