

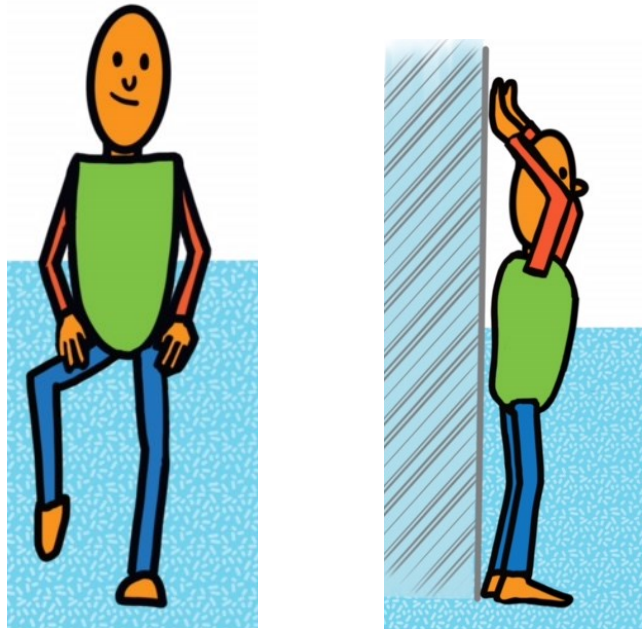
Stay Fit, Stay Healthy, Stay Happy

Get up and Stretch



Sit on stool/ Chair
Slowly alternate between slumped and upright sitting.
Remember to lift your head and not always sit slumped down.

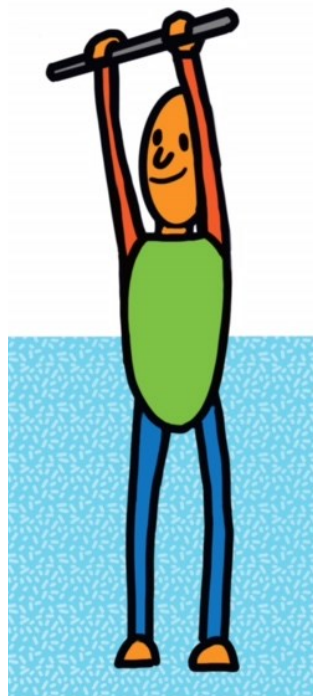
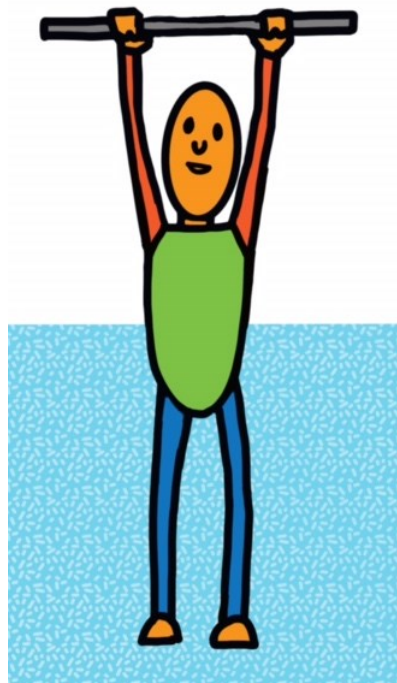
Try to sit up straight and shoulders back. Try to tuck your chin in, so the back of your neck gets longer.



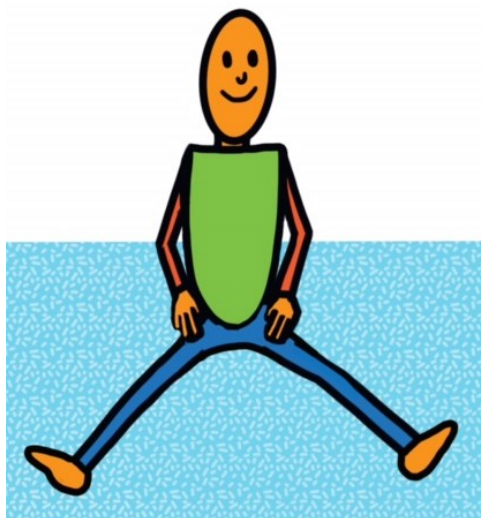
Stand straight. Shoulders back and head up.
Lift up one leg, with a knee bend and then swap.
Just like marching on the spot.

Stand with you back against a wall, with heels touching the wall if possible.
Lift both of your arms up overhead. Bring them as far up and back towards the wall as you can and try to touch the wall.

Thank you to Liz Wright and Jemma Mears, Physiotherapists from BWCH for providing the exercises.



Standing (or lying).
Hold a pole shoulder width apart and lift above your head.
Add a twist or a sideways bend to make it more fun!



Sitting on floor with legs apart.
Keep your knees straight and your back straight.. you could lean against the sofa, but make sure you aren't slumped.
This will stretch the back of your legs.

Touch right/left knee with left/right hand.

