

## WellBalanced Warm Up & Mobility Exercises

Always begin with a short warm up before you do your balance, strength or flexibility exercises. This will ensure your muscles and joints are warmed, mobilised and receiving adequate blood supply to complete your exercise to the best of your ability and help to prevent injury. Always include a circulation boosting march and just choose a couple of mobility exercises if you are doing a shorter session. You can choose to do your warm up in seated or standing.

### **Posture check**

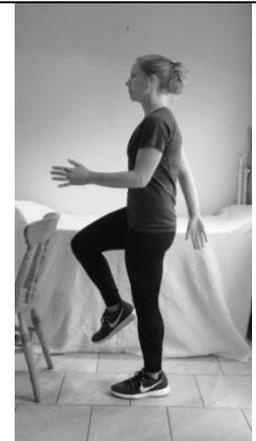
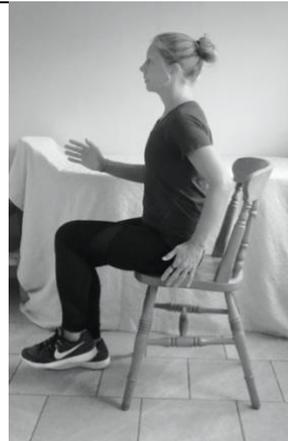
Always exercise with the best posture you can maintain. Feet are hip width apart, flat on the floor. Ensure equal weight between feet in standing or sitting bones if seated. If standing, make sure your knees are soft. Pull your tummy muscles in gently and lengthen through your spine. Relax your shoulders down and open the chest. Look straight ahead and imagine your head is a helium balloon floating up towards the ceiling, so you are sitting or standing as tall as possible.



### **March – Circulation booster**

Sit or stand tall. Start by marching the legs, rolling the weight from the ball to the heel of your foot. Bring in an arm marching motion if you feel safe to do so. March gently but continuously with a steady comfortable rhythm. You can alternate between 'just arms' and 'just legs' if you like.

Continue for 1-2 minutes.



### **Shoulder rolls**

Sit or stand tall. Start with your arms relaxed by your sides. Slowly and smoothly roll your shoulders forwards, up, back then down. Really focus on the 'back' and 'down' movement to open through the chest and improve your shoulder posture. Work through your maximum comfortable range of movement, keeping your arms relaxed by your sides throughout and let the movement come just from the shoulders.

Repeat x4



### Ankle Mobility

Sit or stand tall. Place the heel of one foot on the floor, with your toes lifted as much as possible. Then lift your knee and point your toe onto exactly the same spot on the floor.

Repeat x4 each side.

Focus on making the size of your ankle movement as large as possible.

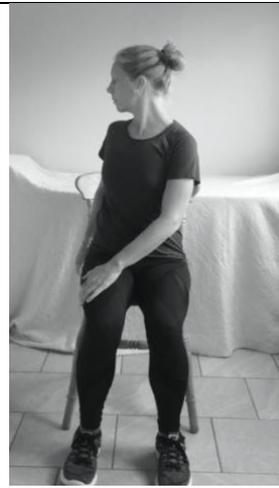


### Trunk Rotation

Sit or stand tall, feet hip width apart. Lengthen through the spine, bring your right arm across the body and your left arm behind you, turning the head and shoulders to the left also, rotating through the upper body. Return to the start position and repeat to the other side.

Repeat x4.

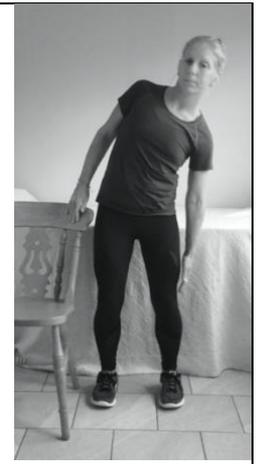
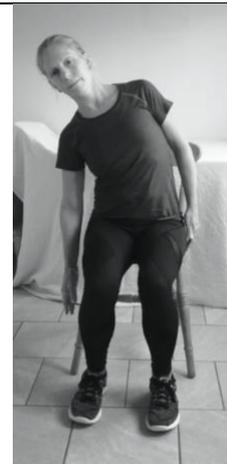
Keep your shoulders relaxed, and open through the chest. Keep the hips facing forwards



### Side bends

Sit or stand with good posture, feet shoulder width apart, a slight bend in the knees if standing. Start with your arms relaxed by your sides. Slide one arm down in line with your body, flexing your trunk directly to the side. Ensure you do not lean back, forwards or twist the trunk. Return to the start.

Repeat x4 each side.



Well done, now you're ready to challenge your body!