



Warm-up

Gently warming up facilitates circulation, increases lubrication to joints, reduces muscle stiffness and improves neuro-muscular coordination. Repeat the following sequence 5 to 10 times before any increase in activity (e.g. before your shift, or before a heavy task) or after returning from a break from activity (e.g. coffee or lunch break) and remember the following:

- Keep motion smooth and slow (avoid bouncing or jerky movements)
- Keep your hips, knees and toes aligned
- Maintain S curve back alignment throughout (keep your chest lifted)
- Avoid letting your knees travel in front of your toes

