



# ACTIV8 MOBILISE & STRETCH ROUTINE

## HEALTHY HABITS

A step by step guide to start your day or to do throughout the day to keep your body mobile and feeling good.

## KEEP IT SIMPLE

Just move! This can help reduce pain and discomfort and associated health conditions from being sedentary.

## FURTHER INFORMATION...

FOR FURTHER INFORMATION  
OR TO SEE WHAT CLASSES  
AND OTHER SUPPORT IS  
AVAILABLE PLEASE CONTACT  
[ACTIV8@GOV.IM](mailto:ACTIV8@GOV.IM)



# A FEW SIMPLE MOVES TO TRY...

## 1) NECK

- A) Flexion / Extension
- B) Side to Side
- C) Lateral Flexion

1A



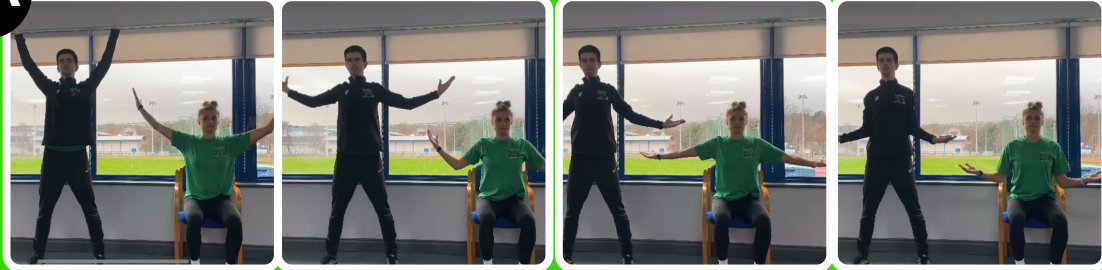
1B



1C



2A



## 2) THORACIC SPINE

- A) YWTL's

3A



3B



## 3) LUMBAR SPINE

- A) Flexion / Extension
- B) Lateral Flexion

**10 SECOND HOLD  
EACH EXERCISE,  
2-3 TIMES THROUGH**