

Move Well

for Transit Operators



Each link below takes you to a group of movements for the area of the body shown by the number. Adding these microbreaks throughout your day can help you feel your best in the driver's seat.

Not all exercises are a match for every body. If it doesn't feel good, don't do it.
It is important to move in a pain free, strain free manner and range.

[Watch the intro video](#)

FRONT

1. Front and side of neck
2. Front of shoulder and chest
3. Wrist, hand, elbow and forearms
4. Front of hips (hip flexors)
5. Thigh (quads)
6. Inner thigh
7. Knees
8. Ankle and shin



WHERE
DO YOU FEEL
TIGHTNESS
OR
DISCOMFORT
?



**MOVEMENT
SNACKS:**
Energetic
microbreaks

BACK

9. Back and side of neck
10. Top of shoulders (upper traps)
11. Between shoulder blades and upper back
12. Side of back/ side of body
13. Lower back
14. Hips and buttock
15. Back of thigh (hamstrings)
16. Ankle and calf



Because our whole body is connected, some videos may show exercises for a different area of the body. Don't worry, they still belong and can be helpful.
Try it and see how you feel.

Questions? Email MultiSiteEmployeeFitness@calgary.ca | calgary.ca/ctactive