

Move Well



for WRS Landfill



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 at the landfill.

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 sides of neck
2. Front of shoulders
3. Wrists, hands, elbows and forearms
4. Front of hips (hip flexors)
5. Inner thighs
6. Knees



WHERE
DO YOU FEEL
TIGHTNESS
OR
DISCOMFORT
?



**BEFORE
LIFTING**



**DURING
PROLONGED
STANDING**



BACK

7. Back of neck
8. Back of shoulders
9. Upper back
10. Sides of body
11. Lower back
12. Hips and buttocks
13. Back of thighs (hamstrings)
14. Feet, ankles and calves

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/movewell