Calgary

Move Well

for Parks & Open Spaces

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 on your path.

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



BACK

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

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