

FIVE MOVEMENT

CHECK IN'S



1

BACK SCRATCH

When we sit a lot, especially looking at our devices, the muscles in our shoulders, upper back and neck can get tight, stretched and not work so well. This easy check in shows if your muscles need a little help.

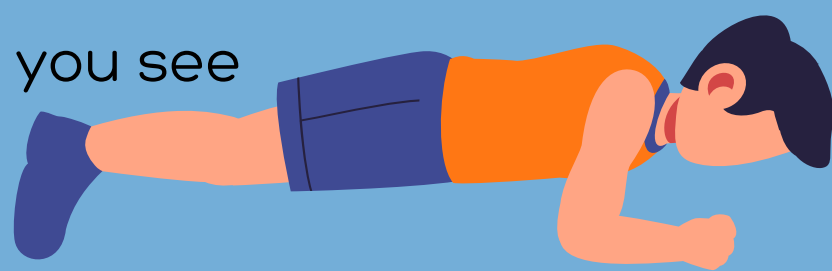


2

MIND YOUR MIDDLE

As we spend a lot of our time sitting, and sleeping the muscles in our middle can get a little lazy affecting our posture and possibly causing us distracting lower back pain.

This check-in will help you see if your middle could be a bit stronger.



3

SIT & REACH

Being flexible is really important because it helps us to move freely and use all our range of motion to do everyday things.

This check in shows you how flexible your leg and back muscles are. Sitting a lot makes them shorter and tighter creating lower back pain.



4

SIT OR SQUAT & BALANCE

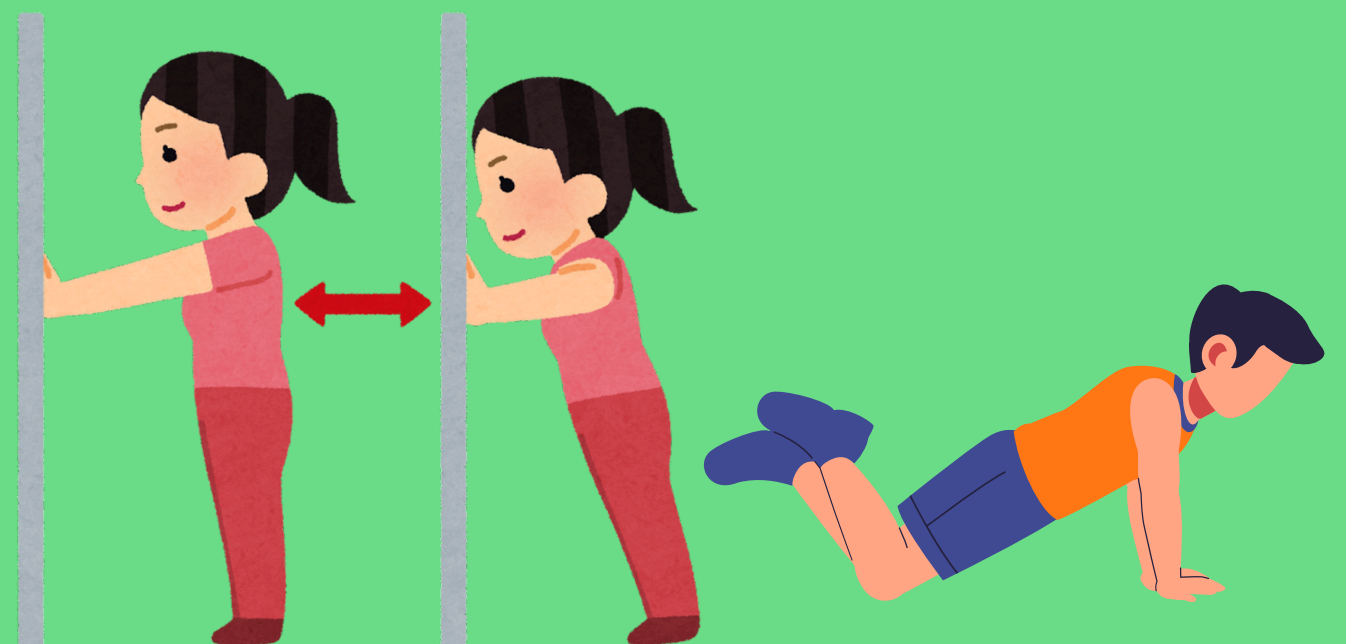
Having strong legs is really important for lots of every day tasks like, carrying bags up stairs or helping in the garden as well as playing games or sport. This check in will show you how strong your legs are or if you need to give them a bit of help!



5

WALL OR FLOOR PRESS

Having a strong upper body is really helpful for everyday activities, like carrying your school bag, helping your whanau carry the groceries, as well as climbing trees, playing games and sport.



Note down where you are at now on your "Check-In" sheet to compare your progress later

