

# One Team Warm Up

## Mail processing – Routine one

The One Team Warm Up will help you to move better and get you ready for the job ahead. Follow these moves before you begin work.

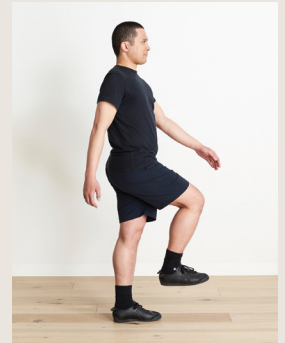
Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

### Remember

- If you have an injury, advise your supervisor before participating
- Perform movements within your comfort levels and if you are feeling discomfort, lower the intensity or stop
- Breathe normally – don't hold your breath

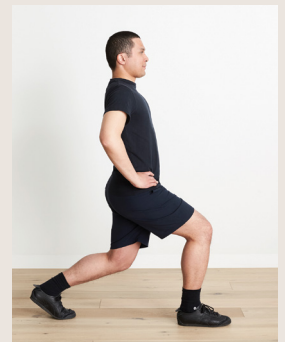
### Marching

- Using opposite arm and leg, march on the spot
- Gradually increase your knee height over 20 seconds



### Step lunge

- Keeping back straight, step forward with one leg into a comfortable lunge
- Stay within your limits – movement needs to be comfortable
- Keep front knee behind your toes and hands on hips



### Squat and arch

- Stand with feet shoulder width apart
- Squat to a comfortable level
- Slightly arch the lower back and hold for 2 seconds



## Chicken dance

- Keeping your thumbs locked to your chest, draw circles with your elbows
- Make circles forward and backwards



## Hula hoops

- Stand with feet shoulder width apart and knees relaxed
- Make circles with your hips
- Keep upper body as stationary as possible



## Teapots

- Place left hand on hip and slightly bend the knees
- Reach with the right hand up over your head
- Bend slightly to the left
- Repeat on the right side



## Deep breathing

- Stand with feet shoulder width apart, knees relaxed, tummy in
- Place hands on your hips
- Breathe in and out slowly
- Reflect on a safe thought or how you will move safely during your shift

