



Body Program

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WEINCLUSIVE

DIVERSITY & INCLUSION ADVISORY



How do you prioritise your own physical health?



Add it to your schedule

As you would for a work meeting



Add a physical home/work transition

Take 20 min to walk/ride (AM and/or PM)



Use an alarm timer

Trigger to your "Squat Break" (watch/phone/PC)



Exercise in pairs/online group

Book ahead a walk with a friend



Conduct remote "walking" meetings

Use headset/hand free



Make realistic goals

A 2-3 week routine will set the habit



Congratulate yourself

"I did it!"

BODY PROGRAM

WEINCLUSIVE

Heel raises

x20



Roll down/up

x2



One arm side stretch

x3 each side



Arm circles

x20 each direction

Hourly
Squat
Break

Squats

x20





Strength & Flexibility Program

[Video link](#) (15 min)