

# THE HAPPY GARDENER

## HOW TO CARRY AN OBJECT SAFELY AND EASILY



*When carrying, ensure the load is kept in close to your body as in the photo far right. Try to avoid having the weight away from the body as this increases strain through our shoulders and back.*

## LIFTING TECHNIQUE

*Get down low and close to the object your intending to lift. Make sure you know your limits. If the object is heavy, ask for help from a friend or a neighbour. Position yourself close to the object bending your hips and knees, and use your leg muscles to lift easily and effectively.*



## TRIMMING GRIP



*Keep your grip and arms nice and relaxed with your wrists in a neutral position. Our muscles and joints work best when we avoid extreme ranges of motion as seen in the lower picture, which can put excessive strain on our wrists. A great tip is to keep our blades nice and sharp so we get cleaner and easier cuts.*

## SHOVELLING



Over reaching with shovel is a common mistake. Once again place your front foot and body close to where you want to shovel as in the photo to the far right. This reduces strain on the lower and upper back. From here, we want to get down nice and low using our legs to then help lift and move the loaded shovel. A great tip when shoveling heavier items, is to do smaller scoops as well as having different length shovels to suit the environment and garden layout.

## STRETCHES



### Hamstring Stretch

Place one leg out in front of body. Then from your hips bend forward until you feel a slight pull through the back of your front leg.

Hold for 20 seconds.



### Quad Stretch

Place one leg out in front of body. Then from your hips bend forward until you feel a slight pull through the back of your front leg.

Hold for 20 seconds.



### Calf Stretch

Position one leg in front of the other. Here we intend to stretch the rear leg/calf. Place your hands in front onto a solid object we can push into firmly. Keep your back leg straight at the knee, and push your heel into the ground so your foot lay flat. Here you should feel a gentle stretch at the back of your calf on the rear foot.

Hold for 20 seconds.



### Low Back Arch Stretch

Place one leg out in front of body. Then from your hips bend forward until you feel a slight pull through the back of your front leg.

Hold for 20 seconds

## STRETCHES



### **Oblique Torso Stretch**

Start in a standing position. From here, reach with both hands overhead and lean your trunk down to one side. You should feel a stretch through the side of your stomach up into near your armpit.

Hold for 5-10 seconds, and repeat each side 5-10 times.



### **Chest Stretch**

Standing with your body positioned near a solid object. Place one arm at shoulder height whilst gently pushing into a wall or door frame. From here, twist your torso away from your arm, you should feel a stretch at front of your chest and shoulder area.

Hold for 20 seconds.



### **Neck Stretch**

In standing or sitting position, bring your right ear down to your right shoulder. You should feel this stretch through the left side of your neck.

Hold for 20 seconds and repeat that same stretch for the other side.



### **Tricep Stretch**

Take one arm reaching overhead as if to scratch your back. Using the other arm, grasp onto the other elbow and gently pull down as to reach further down your back. You should then feel a gentle stretch through the upper part of your arm that is extending down your upper back.

Hold for 20 seconds and repeat for the other side.



### **Shoulder Stretch**

Reaching across your body with one arm, use the other arm to gently pull the other elbow as to pull that arm in closer to your body. You should feel this stretch in the shoulder of the arm reaching across your body.

Hold for 20 seconds and repeat for the other side.



### **Wrist Stretch**

**Extensors** - Start with one arm out straight in front of body with palm facing down to the ground. Use the other arm to then bend the wrist further down. You should feel this stretch through the back of your forearm.

**Flexors** - Place one arm out in front of your body with a straight elbow, keep your palm facing forward. Using the other arm take hold of your fingertips and pull back in towards body. You should feel a stretch on the front of your forearm

Hold for 20 seconds and repeat on the other side.