



How well does your body move?

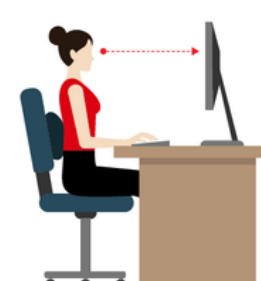
A stiff neck after a long meeting. Tight hips after a day at your desk. An ache in your wrists that wasn't there a year ago. These everyday discomforts are easy to brush off, but they're worth paying attention to.

In this newsletter, we're focusing on moving well. We'll unpack the daily habits that quietly chip away at mobility, show you how to check 8 key areas of your body, and share simple routines that can help you move more comfortably.

Why your body gets stiff

Often, the cause isn't one big issue. It's the small, repeated habits that build up over time — the positions we stay in too long and the movements we rarely make.

Some of the most common culprits include:



Screen too low

Tilting your head down strains your neck and upper spine. Raise your screen to eye level.



Mouse too far away

Reaching forward repeatedly tightens the shoulder and stresses the elbow. Bring the mouse closer so your elbow stays by your side.



Perching at the edge of your seat

Without back support, your lower back works harder and your hips stay locked in place. Sit back and use the chair's backrest to support your spine.



Legs crossed for long periods

This can leave your knees, ankles and feet feeling tight. Keep both feet flat on the floor or switch sides occasionally.

A few practical adjustments to your workstation can go a long way.

Your 8-point mobility check

Take five minutes to run through this self-assessment. Healthy movement should feel smooth and pain-free.

What to check



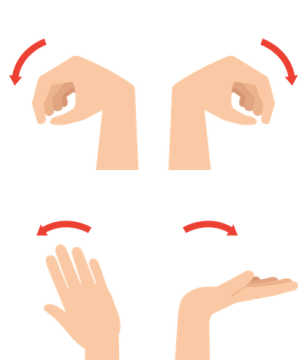
Shoulders

1. Place one hand over your shoulder and reach down your back
2. Bring your other hand behind your back and reach up (as if trying to touch your fingers together)
3. Repeat on the other side



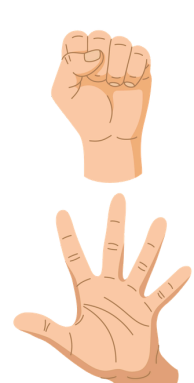
Spine

1. Cross your arms over your chest
2. Rotate your body to the left
3. Rotate your body to the right



Wrists

1. Bend your wrist up and down, side to side
2. Turn your palm up and down



Hands

1. Make the tightest fist you can
2. Spread your fingers as wide as possible
3. Repeat on the other hand



Hips

1. Stand tall
2. Bring one knee up towards your chest
3. Try to hold it for about 3 seconds
4. Repeat on the other side



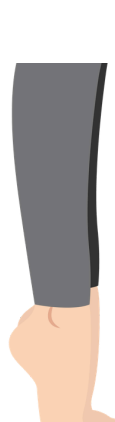
Knees

1. Lower yourself as if sitting on a chair
2. Stand back up



Ankles

1. Place one foot forward
2. Bend your knee forward over your toes
3. Repeat on the other side



Feet

1. Rise onto tiptoes
2. Hold for 5 seconds

Only perform this exercise if you can do so safely. Hold onto a stable surface for support if needed to help prevent falls.

Know when to seek help

Early intervention makes a difference. See a professional if you experience:

- pain that persists for more than two weeks
- swelling, redness, or warmth around a joint
- numbness or tingling in your limbs
- a significant reduction in your usual range of movement

Through Live Life Well, HSBC Life shares practical insights to support healthier living. Help someone you care about move better too. Share this newsletter with family and friends, and invite them to subscribe so they'll receive future issues as soon as they're published: grp.hsbc/livelifewell

Follow us on our Instagram (@hsbc_life_sg) and Facebook (HSBC Life Singapore) for more videos and bite-sized wellness tips!

Wishing you good health and wellbeing,
HSBC Life

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