



Employee story

Graeme Boorman

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I've worked for Ausgrid for almost 30 years now – in maintenance and construction of high-voltage switchgear substations ... a fairly active job.

Over the last few years I've started to get pretty chronic pain across my lower back which has now affected my right knee.

When we did the Move 4 Life training they showed us how to do a squat with your heels down. I thought, no chance. I gave it a go – took a few shots at it. I ended up doing a half-decent squat and then started doing that regularly.

I noticed even after a few days “this feels really easy for some reason, don't know why.”

I started doing more and more – the more I've done, the looser I've felt right through the whole lower back and my glutes as well. I just feel that much stronger, more flexible, moving so much freer, and yeah, it's like a...it's a whole new world for me ... the benefits have just been massive.

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Before I did this Move 4 Life training, I had pain levels of 7 or 8; I'm now down to 1 or 2 and just feeling a lot better.



I'm probably going to work for another 20-odd years or so and, chances are, I'll still be on the tools then. So I'll still need to be able to move, squat, reach, do all that sort of that stuff, and if we continue doing this we're definitely going to make it a lot easier as I get older because it certainly does free up the body.

MOVE Training has helped me enormously with my lifestyle, my fitness and my strength.



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