



Employee story

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It's changing the way I move without even thinking about it. I'm pain-free.

I'd say I'm probably as healthy as I've ever been. I feel really good and really fit, really healthy. I run a lot and that's all I do, I just run—I don't do any other form of exercise—and as a result **I tend to get repetitive overuse-type injuries including my lower back.**

I probably spend 50% of my time at a desk and 50% walking around on the shop floor and I could still feel that back pain when I was walking around. **I was starting to get worried about it because it was there constantly day to day. It was like that niggle that just wouldn't go away.**

After I did the Move 4 Life training, I suddenly stopped getting back pain. I haven't changed my running routine, haven't changed anything

else, and that's the only thing I can attribute it to because it's the only thing I've changed in my daily routine. I'm pain-free, essentially, so it's fantastic.

I think about the way I move and how I'm doing things. Whether I'm at home weeding in the garden or playing with my 3-year old on the floor, I'm squatting more than what I would be kneeling or sitting. It's changing the way I move without even thinking about it. MOVE Training for me is about getting older but being able to keep up with my little ones and do it well.

UPDATE... 12 months on

A year on I'm still running as much as I ever was and I'm still pain-free... and **I'm still doing the 60-second Investment at least**

six or seven times a day with the crew out here in the toolbox talks and at home as well. I'm still running a lot and I'm not doing any other training or any other form of exercise. Nothing's really changed in the past year except, as I said, **I'm still pain-free, which is the main thing.**

I'm six months pregnant now and back pain is commonly associated with pregnant women, and I'm still doing the 60-second Investment six or seven times a day, probably more, and I'm still pain-free. MOVE Training for me is about empowering people around me, my friends and my family and my work colleagues, and giving them some knowledge and understanding and hoping I can help them with some of their pain.



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