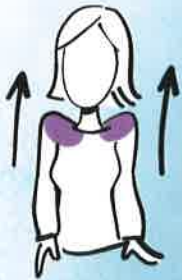


2017 April

Get Moving with Workplace Ergonomics

Just as an athlete prepares before playing a sport, you too should prepare before work to help prevent aches and pains. These slow stretches help prevent injuries.



Shoulder Shrugs

- Slowly bring your shoulders up to your ears
- Rotate shoulders back and down
- Repeat 10 times



Back Stretch

- Lock hands behind head
- Bring elbows back as far as possible
- Lean back & hold 20 seconds
- Exhale and relax



Side Neck Stretch

- Tilt head to one side (head towards ear)
- Hold for 15 seconds and relax
- Repeat 3 times per side



Hand Shake

- While sitting, drop arms to side
- Shake hands downward gently
- Repeat frequently

Source: NIH.gov



Don't Forget to Take a 10-minute Stretch Break

Contrary to popular belief, sitting, which most people believe is relaxing, is hard on the body. Sitting is hard on the feet and lungs. Gravity tends to pool blood in the legs and feet and create a sluggish return to the heart.

Don't stay in one static position for extended periods of time. Take a 10-minute stretch break once an hour to help improve your health.

