

The background of the top half of the page is a photograph of a person in a blue long-sleeved shirt stretching their back. They are standing with their arms raised and hands clasped behind their head, leaning slightly forward. The background is a soft-focus outdoor scene with trees and sunlight.

GLOBAL HEALTH & FITNESS MONTH – PROACTIVE CONDITIONING ROUTINE

Below are recommendations for preparing for a busy work day. Be sure to consult with a health professional before you begin any exercise routine. The voluntary recommendations below are precautionary, supplemental measures for those who do not exhibit any signs or symptoms of an injury or illness. Always remember proper training and using proper technique to perform any physically demanding routines.

- ✓ **Be sure to work using proper form, stay away from awkward postures. Always wear protective gear and comfortable shoes.** Alternate your work activities and postures throughout the day. If you work at a single workstation and job task all day, move into different postures while you work: first standing, then standing with one foot resting on a stool, then sitting.
- ✓ **Pace yourself.** Do not begin too quickly or use forceful movement.
- ✓ **Remember rest.** Rest from repetitive motions and at least seven hours nightly to give the body time to recover from work. During a job task, take micro-breaks lasting 10-15 seconds every ten minutes. Take mini-breaks lasting 3-5 minutes every thirty to sixty minutes. These short breaks give the body a rest, reduce discomfort, and improve your performance
- ✓ **Prevention.** Remember proper lifting techniques.
- ✓ **Remain active and strengthen to keep the body conditioned for work.** Swimming, tai chi, strength training and walking are great activities that can boost your health.
- ✓ **Aim for a warm-up and stretching** within 15 minutes prior to beginning physical activity.



THE ROUTINE: Movement for comfort during the workday.

Do each movement for approximately 15 seconds unless other lengths are listed. Movements should be controlled. If it causes pain; stop. Go through the routine twice if time allows.

WARM UP:

Take deep breaths. Inhale through your nose and exhale through your mouth, letting your stomach and lungs expand and contract. Repeat several times. Begin a brisk march or walk while pumping the arms for five to 10 minutes.



HIGH REACH:

1. Raise your arms over your head, stretch as high as you can.
2. Bring arms back down.
3. Rest a moment and repeat



NECK/CHIN TUCK:

1. Keep head and ears level (doing correctly creates a double-chin).
2. Now glide your head forward.
3. Repeat three times.



SHOULDER:

1. Shrug shoulders up and hold for 2 seconds
2. Press shoulders low and hold for 2 seconds
3. Repeat three times or do for 15 seconds



WRIST:

1. Wrist circles inside
2. Wrist circles outside
3. Wrist bend and straighten
4. Perform each exercise for about 5 seconds or 15 seconds total for the entire wrist



LOW BACK:

1. Hula hoop to the right 10-20 seconds
2. Hula hoop to the left 10-20 seconds



HAMSTRING & ACHILLES STRETCH:

1. Position body with one leg forward and the toes of that foot raised up.
2. Keep back straight while bending forward at the waist (feel stretch in the back of thigh and knee)
3. Shift your weight onto your forward leg and bend knee, keep the back leg straight and heel on floor
4. Hold each stretch for 15-20 seconds
5. Perform each stretch 2 times for each leg

