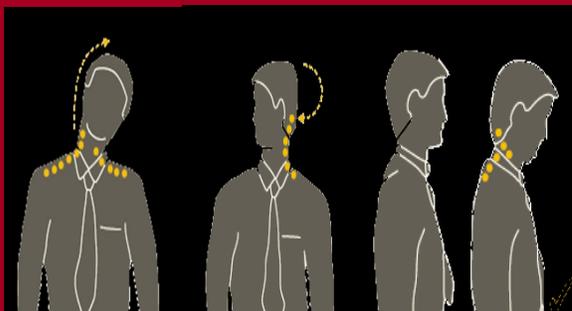


Workers today are 13% more **obese** than they were in the '60s. 1/3 of US adults are **obese**.

STOP, GET UP, & MOVE

Stretching every 20-30 minutes can help burn up to 100 calories/day and greatly reduce the risk of developing musculoskeletal injuries.



Neck

Neck Stretch—keeping your chin tucked in, bring your ear to your shoulder & hold for 10 seconds on each side

Head Turns—keep your back straight & your head up; turn to look over both shoulders; repeat several times

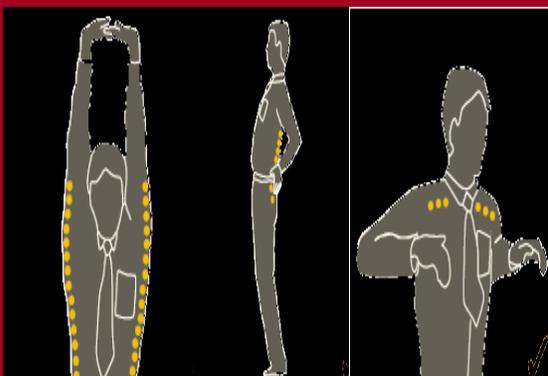
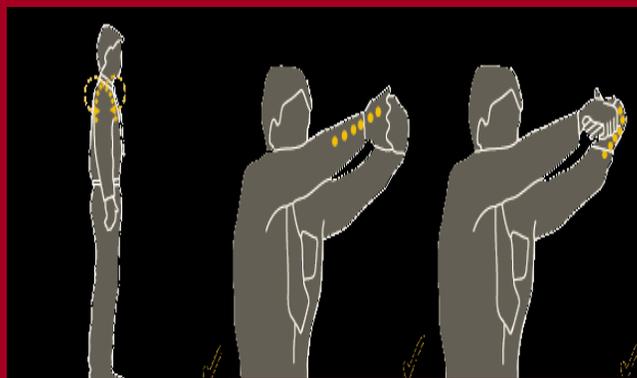
Chin Tucks—Raise your head & straighten your neck, then tuck your chin in and upwards

Shoulder, Wrists, & Arms

Shoulder Rolls—circle shoulders forward several times then backwards several times

Wrist & Elbow Stretch—with elbows bent, interlace your fingers with palms outward; straighten your arms in front of you, hold 10 seconds

Wrist Stretch—straighten your arm & bend your wrist forward, assisting the stretch with your other hand, hold for 10 seconds



Upper & Lower Back

Upper & Lower Back Stretch—interlace fingers & turn palms upward above your head; straighten arms & lean from side to side

Back Arching—stand up, support your low back with your hands, arch backwards; hold 10 seconds

Pec Stretch—raise arms to shoulder height & pull both elbows back



Walking around the office every hour has been shown to **increase overall productivity up to 25%**.



<http://benefits.mt.gov/workerscomp.mcp>

Stephanie Grover

sgrover@mt.gov

(406) 444-0122

SafetySmart™