

2017 April

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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

Start this month focusing on your health goals. Write your three new health goals to the left.

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Help your muscles become more flexible by stretching.

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Try not to stay in one static position for long periods of time. Schedule walking meetings outside when possible.

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Plan your tasty and nutritious meals for the week.

[Start with this healthy recipe.](#)

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Have you been working towards your monthly health goals? Check yours above.

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How do you get your blood moving? Try a new exercise this week.

Learn more [here](#).

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Try spending more time outdoors instead of behind a screen this week.

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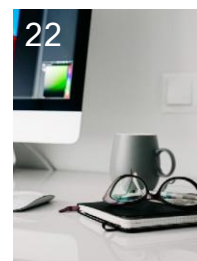
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Is your desk set up ergonomically? Make sure your computer monitor is an arms length away from you to reduce eye strain.

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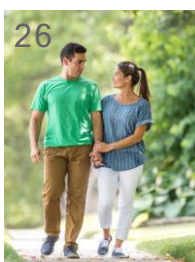


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Nutrition is an important part of wellness. Do you log your nutrition?

Learn more [here](#).

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Take a break from your desk and go for a refreshing walk outside.

Learn more [here](#).

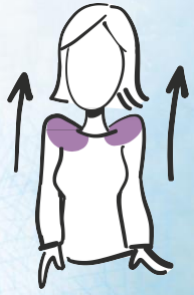
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2017 April

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



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.

