Providing Physical Activity Programs that Work

The United States at Work
■ Just under 140 million people are employed in the U.S.
■ 1.8 million have injuries from overuse or repetitive motion
■ Work related musculoskeletal injuries account for 1/3 of worker’s compensation costs
■ Average age of worker is increasing…
  ■ 15% of workers will be over age 55 in 2005
  ■ Median days lost from injury is twice that of those under 55

Stress at Work
■ 40 % report their jobs are stressful
■ Work hours have increased from 40.0 hours in 1973 to 48.8 hours and rising

Pre-Work Warm-Up
■ A system of stretches and activities designed to increase the strength and flexibility, reducing risk of injury
■ Must be appropriate to the worksite—properly warm up the muscles that will be used for the job
■ Regular intervals
  ■ At least once per day, more is better
■ Keep it positive!
■ Provide complete information
  ■ How-to sheet—See reverse
■ Keep it short
  ■ No more than 10 minutes
■ Case studies
  ■ Decrease in Carpal Tunnel Syndrome cases from 11 in a nine-month period to 1 in two years
  ■ Decrease in total injuries ranging from 56% to 91%
  ■ Decrease in medical department visits by 62% for musculoskeletal injuries/disorders

Benefits
■ Increased strength to do daily tasks ■ Decreased Stress
■ Increased positive mental outlook ■ Positive “peer-pressure”
■ Decreased susceptibility to disease
**Chest Press**
- With or without resistance band, place hands shoulder width against wall
- Lower your body toward the wall and then push back to a starting position

**Draw back**
- Squeeze your shoulder blades together and pull your elbows behind you. For more of a workout, use a resistance band.
- Or, arch your back, squeezing your shoulder blades together while seated.

**Chair Squat**
- Place chair in corner
- Sit on the edge of the chair, feet shoulder-width apart
- Stand up, keeping the knees over the ankles
- Return to the start, but don’t sit down!

**Forearm Stretch**
- Hold one arm out straight in front of you, palm extended
- Grasp the extended hand with your other hand
- Pull slightly toward you
- Reverse so the palm is toward you

**Seated Crunch**
- Sit on the edge of the chair, roll up a jacket and place under your back
- Crunch forward, not sitting up, but rolling toward the knees