

Staying in Shape for Work

Introduction:

Injuries to employees can be devastating for any business. According to Liberty Mutual Insurance, disabling workplace injuries cost businesses more than \$59 billion per year. Preventing accidents in the workplace is important for employee health and well-being, morale, and productivity.

Discussion Points:

- Why it is important to prevent accidents in the workplace?
- Decrease the chance of injury by following an exercise program
- Ways to improve strength and flexibility
- Choosing and eating a healthy diet
- Allow your body to rest and recover from activity



Discussion:

In 2020, there were 2.7 million nonfatal workplace injuries and illnesses reported by private industry employers. While it's difficult to predict when accidents may occur, an employee can decrease the chance of injury by following an exercise program.

Strength training and stretching exercises are recommended to prevent injury. Strength training keeps your muscles strong, bones healthy, and improves your posture; stretching or flexibility exercises allow the muscles to achieve a full range of motion and keep joints healthy and mobile. Start slow, and gradually increase your fitness level. By improving your strength and flexibility, you are preparing your body for a strenuous activity you may encounter while on the job and preventing the risk of injury; the better physical shape you are in, the quicker you can react to dangerous situations. Avoid repetitive motions and overexertion; staying in shape places less strain on your muscles and internal organs.

Choosing and eating a healthy diet is part of staying fit. Avoid consuming sugar and processed foods. Instead, eat fresh fruits and vegetables, lean proteins, and whole grains. Plan your meals for the day; eating small meals and having several snacks throughout the day increases metabolism and helps keep energy levels up.

Tips to staying in shape for work, include setting realistic goals, exercising each day, making healthy food choices, drinking plenty of water, and getting seven to nine hours of sleep every night to allow your body to rest and recover from daily activities.

As always, stay safe out there!



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