

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

BE INTENTIONAL ABOUT WEIGHT LOSS



Danielle



Have you resolved to lose weight in 2024? Added weight puts stress on the body, affects mobility and self-confidence, and increases risk for injuries, illnesses and chronic conditions such as diabetes and hypertension. Even a small amount of weight loss helps reduce these risks.



– Danielle Knell, PTA, CEAS
Industrial Injury Prevention Specialist



1

SET ACHIEVABLE GOALS WITH AN ACCOUNTABILITY BUDDY TO KEEP YOU ON TRACK.



2

CREATE MEAL PLANS WITH A NUTRITION PROFESSIONAL; EAT RESPONSIBLY AND MINDFULLY.



3

BE PHYSICALLY ACTIVE, DRINK LOTS OF WATER, AND AVOID BEVERAGES WITH ALCOHOL OR SUGAR.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.