

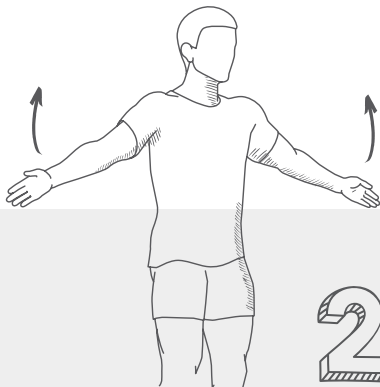
## TAKE STEPS FOR HEALTHY BONES



*Weight-bearing and resistance exercises support bone health and reduce injury risk by strengthening bones, muscles and connective tissues.*



– Chris Proctor, MS, ATC, GSP  
Regional Program Manager, Industrial Athlete Program

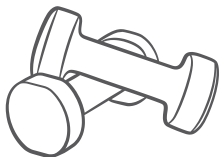


1

FIRST, WARM UP. SLOWLY INCREASE INTENSITY AND DURATION. FOCUS ON TECHNIQUE TO REDUCE INJURY RISK. THEN COOL DOWN AND STRETCH.

2

WEAR COMFORTABLE, SUPPORTIVE FOOTWEAR AND ROUTINELY WALK, JOG OR CLIMB STAIRS TO INCREASE BONE DENSITY IN THE LEGS, HIPS AND SPINE.



3

DO RESISTANCE AND BODY-WEIGHT EXERCISES SUCH AS LIFTING WEIGHTS, PILATES, SQUATS, PUSH-UPS, PULL-UPS AND HOLDING A PLANK.



### Did You Know?

Weight-bearing exercise can help slow bone loss and increase bone density. It also promotes healing in broken bones and after orthopedic surgery.

### 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.

### 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.

*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 • [sales@workcare.com](mailto:sales@workcare.com) • [www.workcare.com](http://www.workcare.com)*



**INDUSTRIAL  
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