

Move WELL Work WELL

Physical Activity

Your body was designed to move and be active. Physical activity is essential to good health and the benefits go well beyond just physical in nature. Physical activity improves mental health, hormonal balance, sleep, self-confidence, etc.

Movement or exercise bouts can be broken up into small increments throughout the day. Even two or three ten-minute sessions is better than nothing. A full thirty minutes or hour is not required to feel the positive benefits of movement on your body.

There are many benefits to regular exercise, including:

- Improved muscle strength and endurance
- Increased support to joints and spine
- Decreased muscle stiffness
- Improved posture

Research shows that exercise and physical activity such as stretching, resistance training, and physical conditioning are beneficial for both MSI prevention and symptom reduction.



Tips to help incorporate physical activity into the day:

- Vary the types of activity between sedentary and active/dynamic, and light and more physically demanding tasks, throughout the day.
- For sedentary work, be sure to build in movement and microbreaks throughout the day to increase blood flow and change posture.
- Start slow and progress steadily. Some activity is always better than no activity.
- Try a variety of activities - Variety is the spice of life, find activities you enjoy and keep it interesting.
- If you own a wearable device or movement tracker, set a daily movement goal (e.g. 10,000 steps per day, at least 30 minutes of exercise per day).
- Rest and recover tired or overworked muscles.

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