Introduction

Question: Why do athletes warm up and stretch?

Answer: They warm up and stretch to prepare for the physical task ahead, helping to prevent soreness and injury.

So, why not do the same at work? Movement and stretching helps to get our bodies ready for work, keeps our energy level up and just as with the athlete, reduces our risk of injury.

Benefits of moving and stretching

- Increased flexibility.
- Improved circulation.
- Enhanced wellness.
- Heightened mental and physical relaxation.
- Reduced risk of injury to soft tissues.

Here’s what to do:

- Get up and move frequently during the workday. Staying in one static position can cause discomfort and pain.

- Move around and stretch before each shift, after lunch, and as needed throughout the day, especially if you feel your muscles tighten up. Or prior to a physically demanding task.

- Always warm up before stretching.
- Stretch slowly, and do not bounce.
- Stretch your hands, arms, shoulders, back and neck.
- Hold each stretch for 10 to 15 seconds.
- Stop the stretch if you experience pain.
- Always repeat your stretch. Do two or three sets.

In conclusion

Movement and stretching is a great approach to injury prevention. Stretching will help you gain flexibility, reduce muscle soreness, and simply make you feel better throughout your workday.

Now, let’s stretch.

(Go through the stretches on the “ATTN employees: It’s time to ‘Get up and move’” handout.

For more stretching materials, visit sfmic.com, Keyword search: stretching.)