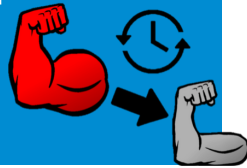


PREPARING FOR YOUR RETURN

DID YOU KNOW?

Muscles start to atrophy after 2-3 weeks of inactivity. Endurance performance decreases by 4% to 25% after 3-4 weeks, and flexibility is reduced after 4 weeks by 7% to 30%. (Source: Healthline)



YOUR ROLE

You are the definition of an **Industrial Athlete** and as such, when an athlete takes time away from performing, muscles can lose some of their strength. It is important to build that strength back up in a safe and controlled manner. Do not assume you can pick up where you left off when returning to a labour intensive job.

DAILY EXERCISES HELP TO MAINTAIN STRENGTH

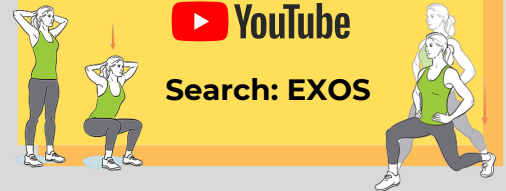
Tips to keep you moving:

- Make it a priority to get up for 5-10 minutes every hour and move.
- Sneak in extra movements into daily activities: do chores at a brisk pace, use commercial breaks to do push-ups, walk around the block when getting the mail, etc.
- Use space and items you already have in your home: You can use household items for strength training (cans, containers of liquid, etc.)

Check out home exercise videos on:



Search: EXOS



DON'T FORGET TO STRETCH BEFORE & AFTER!



HEALTHY HABITS



Eat nutritious foods



Drink plenty of fluids



Get plenty of rest



Laugh often



Exercise

QUESTIONS?

Reach out to your Department Manager.

We are in this together