

OPTIMIZE YOUR LOW BACK HEALTH

STRONG BACK BINGO



Complete any five squares to get Bingo and optimize your low back health. We will also enter your name into a raffle for fun prizes (multiple winners)! The challenge runs from **Date** to **Date**. Submit your completed bingo card no later than **date**. Click the top left corner of each activity you complete to mark it done with a green check mark.

Watch the recording of the Workday Movement Workshop . Use passcode: 1@+f41wV	Set an hourly timer during your work week that reminds you to take a mini-movement break and help reset your posture	Sit on a chair with your shoulders back and feet flat on the floor. Place your hands on your knees and slide them down your legs. Hold for 15s	Review your outline of health insurance coverage to learn about your physical therapy and chiropractic care benefit	Learn when to seek professional care for optimal back health in this 4-minute video by IHMS
Try the nine back stretches demonstrated by IHMS. Click the link or use the handout	Side sleepers- try sleeping with a pillow btw your knees Back sleepers- try a pillow under your knees	Give your low back a self-massage with a ball or book an appointment with a certified massage therapist	Watch the Office Workstation Setup video from IHMS	Seated Posture Check <i>Are your feet flat on the floor?</i> <i>Are your knees level with your hips?</i>
Try the nine back strengthening exercises demonstrated by IHMS. Click the link or use the handout	Declutter your workstation for better movement flow	FREE SPACE or Visit Be Well Vermont to learn more about back health	Ι βΙΣο†ύ\$ {μΩ†Ρ ΣηοΌσ Ω\$Σ\$ X†ύ\$ο D\$ύύΩ° Ήμ ύύ ο\$ύόρρ † X†ύ\$ο δόύύρ\$ †ρσύ °ηφ\$σ βιύΉ † ψηΩΩ ψύφ\$ψ\$Ωύ όο\$†Ξ	Stand straight and fold your arms in front of your chest. With feet hip width apart rotate your trunk left, hold 15s, then right, hold 15s
Seated Posture Check <i>Are your shoulders back?</i> <i>Are your abdominal muscles engaged?</i>	Share your favorite back friendly stretch with a colleague	Standing Posture Check <i>Are your feet hip distance apart?</i> <i>Is your weight evenly distributed on them?</i>	Treat yourself to a warm bath or shower to relax your muscles	Find some time to move your body today in whatever way feels right for you
Create a playlist to listen to during a stretch or strengthening workout	Car Check <i>Is your driver's seat back > 90 degrees?</i> <i>Having it at 100-110 degrees decreases pressure on your back</i>	Place your hands on the edge of your desk. Slowly slide your chair/hips back and reach your arms forward to stretch	Learn about safe lifting mechanics from IHMS by watching a 5-minute video	Learn who to contact at your workplace if you need ergonomic support now or in the future

SOURCE: BeWell@Work Campaign "Strong Back, Strong Future"

NOTE: Check Your Readiness. If you have not been physically active in a while, consider completing a Physical Activity Readiness Questionnaire (PAR-Q) to help you decide if you need to talk to your doctor before beginning an exercise routine.

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