



Move To Feel Good



TOOLS FOR PREVENTION

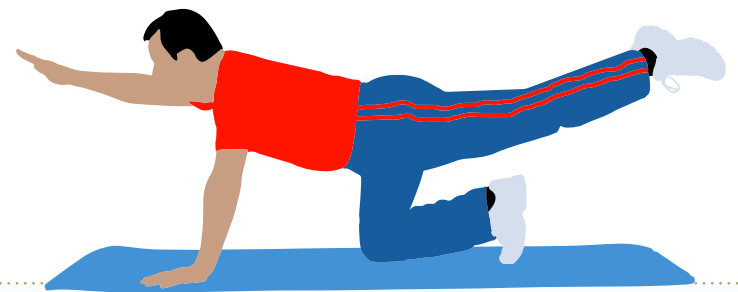


Musculoskeletal disorders (MSDs) affect more than half of all American adults, and nearly three-fourths of those age 65 and over. MSDs are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs that can cause pain and loss of function. But there are several ways to help prevent MSDs. Connect with the resources provided below by clicking the text highlighted in [blue](#).*

If it has been a while since you have been physically active and/or you have health issues, talk with your medical provider before starting a new routine.

Causes of Musculoskeletal Disorders

Many people are exposed to risk factors at work, such as lifting heavy items, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures, and performing the same or similar tasks repetitively. These known risk factors increase a worker's likelihood of sustaining an injury. Muscles that are not worked out regularly are more prone to injury.

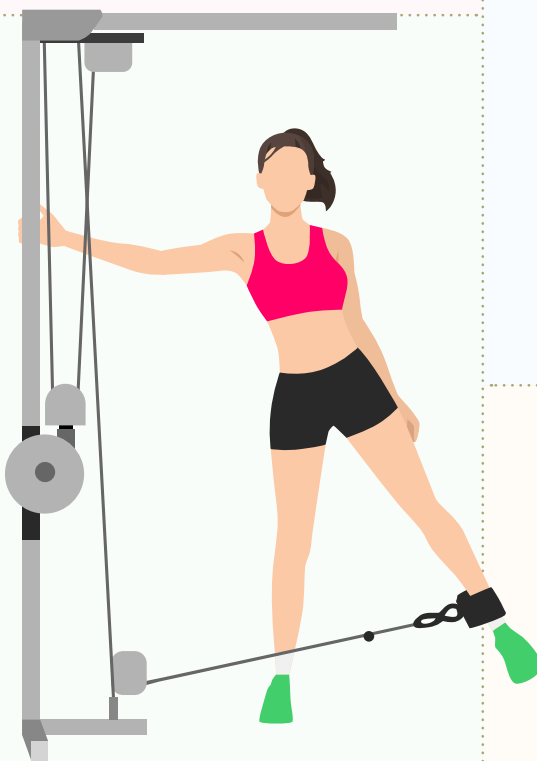


Current Recommendations for Strength Training

According to the [American College of Sports Medicine](#):

- Perform a full body workout at least 2-3 times per week on non-consecutive days.
- Equipment options include free weights, machines, and resistance bands. You can also choose calisthenic exercises, which use your own body weight for resistance and require little or no equipment.
- Perform 8-10 exercises that target the major muscle groups, including your chest, back, shoulders, biceps, triceps, abdomen, quadriceps, buttocks, and hamstrings.
- Perform 2-3 sets of 8-12 repetitions of each exercise, using good form.

If you do not know where to start, you can work with a certified personal trainer to create a plan, or check out the free resources below.



What Can You Do?

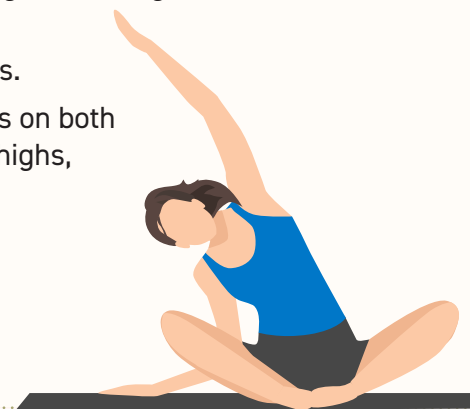
Regular strength training and stretching are key to keeping your body moving and functioning at its best. Equally important is making sure your body is supported ergonomically. Ergonomics – fitting a job to a person – helps lessen muscle fatigue, increases productivity, and reduces the number and severity of work-related MSDs.

There are many specific [adjustments](#) you can make to your workspace if you work at a desk. If you do not work in an office, consider these general ergonomic [recommendations](#).

Current Recommendations for Stretching

Follow these stretching guidelines for an optimal outcome:

- Stretch at least 2-3 times each week.
- Warm up with 5-10 minutes of gentle aerobic activity like walking or jogging before stretching. Stretching cold muscles can lead to injury.
- Hold each stretch for 15-30 seconds.
- Focus on your major muscle groups on both sides of the body, such as calves, thighs, hips, lower back, arms, shoulders, and neck.
- Stretch in a slow, controlled movement just to the point of tension, not pain.



Free Strength Training Resources

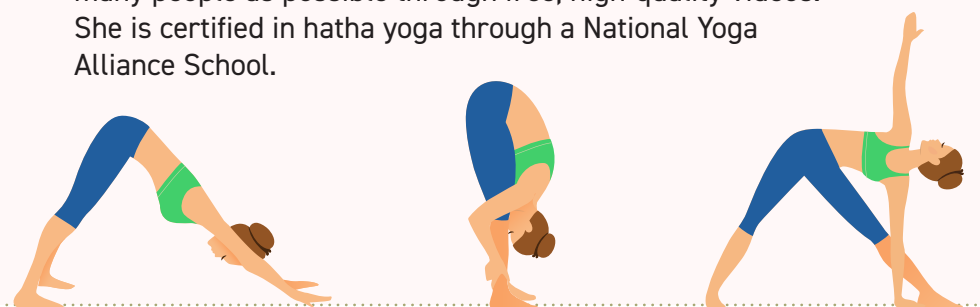
Get started with one or more of these free resources:

- Work out with Certified Exercise Physiologist and Blue Cross VT Health & Wellness Consultant Nicole Williams. This is a [beginner workout](#) that requires no equipment.
- Take advantage of the American Council on Exercise's [Exercise Database & Library](#). You can select exercises for each major muscle group based on your experience level and the equipment you have.
- Download a free 7 Minute Workout app for [iPhone](#) or [Android](#) to guide you through a high intensity workout. You will get maximum impact if you complete the workout twice. You can also download a 7 Minute Workout poster [here](#).

Free Stretching Resources

Get started with one or more of these free resources:

- Stretch it out! Take a [90-second stretch break](#) led by Certified Exercise Physiologist and Blue Cross VT Health & Wellness Consultant Nicole Williams.
- Visit Yoga with Adriene to check out 10-20 minute yoga practices from [Yoga for Busy People](#), and choose a routine that suits your schedule. Or you can try [Center – A 30-Day Yoga Journey](#). Yoga with Adriene's mission is to connect as many people as possible through free, high-quality videos. She is certified in hatha yoga through a National Yoga Alliance School.



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment, or with any questions you may have regarding a medical condition.
*By clicking on the links in this page, you may be directed to third-party sites. These links are provided for informational purposes only.



Questions?

Email BeWell@bcbsvt.com or [click here](#) for more information.



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