

Soft Tissue Injuries – How Do Health & Fitness Help?

It's a safe bet that all of us will experience soft tissue pain at some point in our life (muscle, tendon and/or ligament). Your goal when working, should be to avoid injuries that can lead to chronic pain, disability, and a loss of freedom – the freedom to do the things that make life more enjoyable.

How should we use and care for our bodies?

While we are all diversified in the range of jobs that we do, every employees experiences daily exposure to work activities that require us to **think** about how we use our bodies. Some jobs require heavy lifting, while others require us to develop stamina for long days of light work - or sitting while we're working. Either way, there are things that can be done to minimize the risk of damaging our the soft tissues of our bodies – muscles, tendons & ligaments. Here are some great ideas:



Get Some Exercise !

It's been known for years that increased mobility, flexibility and strength can significantly reduce the risk of soft tissue injury. See your Doctor and get cleared for an exercise program that meets your needs. Then, **stick to it!** You'll likely get benefits that you've never imagined – strength, better sleep, lower weight, increased energy and more! Physician approved cardio-vascular training and stretching can do wonders for the body.

Reducing your weight is a simple way to reduce your risk of soft tissue injury. Simply put – increased weight on the body structure increases the tension on the bones, muscles, tendons & ligaments. Eventually, one of the body parts could break, stretch or tear – it's a painful experience!

Eat Right !

Staying healthy also requires that each of us eat a healthy diet. Again, speak with your doctor and have him/her recommend a diet that supports your desire to strengthen your body and reduce your risk of injury.

Do you remember the
"Five Food Groups" ?

