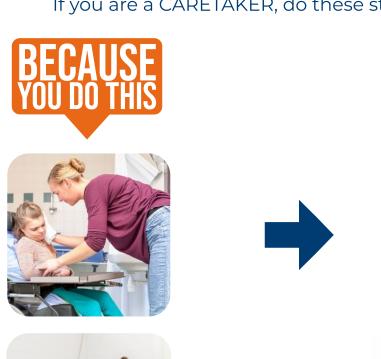


Want to feel better at the end of the day?

If you are a CARETAKER, do these stretches regularly.































STRETCHING HAS MANY BENEFITS. THINK ABOUT THE WAY YOU WORK TO FEEL EVEN BETTER.



BENEFITS OF STRETCHING

- 1. Counteracts awkward postures.
- 2. Reduces muscle fatigue and discomfort.
- 3. Increases flexibility and range of motion.
- 4. Reduces stress.
- 5. Feel better at the end of your work day.

DID YOU KNOW?

- 1. Stretching doesn't have to take a lot of time. It only takes a minute to get the benefit.
- 2. It is best to stretch several times during the day.
- 3. Stretching is more effective when combined with less stressful working postures.

THINK ABOUT THE WAY YOU WORK

- 1. Keep the load close.
- 2. Put one foot forward when reaching.
- 3. Vary your working posture during the day.
- 4. Use a cart instead of carrying items.
- 5. Use the right tools for the job.
- 6. Plan out your task.
- 7. Ask for help if needed.

