

PREVENTION PROGRAM



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Healthy work habits

"ReAT" Revalidatie Advies en Training



Set boundaries

It is important to understand the limits of your body and to ask for help on time. Consult your employer about adjusting your workdays, - hours, and tasks to prevent recurring physical complaints in the long-term. Take regular short breaks.



Stay active

The *Dutch Standard for Healthy Physical Activity* indicates that people aged 18 and over should exercise at a moderate intensity for at least thirty minutes a day, five times per week. It is vital to maintain an active lifestyle to prevent recurring physical complaints. Find a professional to guide you in being physically active.



Move properly

Pay special attention to the way you move while executing your work. In general, there are multiple techniques for lifting, pulling, pushing, and transferring. For specific complaints, several specific techniques can be applied. A person with work related pain for example, will often benefit from a lifting technique using the leg muscles. **Variation in movement** and relaxation are also important factors in remaining fit.



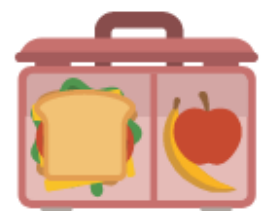
Make time for relaxation

In a stressful and eventful life, it is crucial to set aside small breaks to disconnect. Muscle relaxation, stretching- and breathing techniques may have a positive effect on your general well-being and sleep quality. Ultimately, relaxation will lower the effects of stressful events on your body.



Manage your pain

Pain is an output of the brain, working as the alarm system of your body. However, if pain persists, this system can become overly sensitive and produce pain, even while there is **no** structural damage to the body. If you focus on being active and carefully increase your training- and workload, your body will relearn that movement is safe. Over time, your pain will then decrease.



Healthy food

To help your body become stronger and recover faster, it is important to pay attention to your food intake. A balanced intake of **proteins** (chicken, cottage cheese, tofu etc.), **carbs** (oats, sweet potatoes, fruits etc.), and healthy **fats** (avocado, nuts, seeds etc.) is vital for all healing processes in the body. Drinking enough **water** is also key in staying hydrated and eliminating headaches.

EXERCISES

Push-up on the wall



Bent over row - Seated



Bent over row - Standing



Y-raise



Squat



Core stability - Rotation

