



# **Max Flex Fitness and Wellness** **Consultants**

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## **The Workplace guide (at home or office) to Live Healthy and Prevent Injury**

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Due to these uncertain times, our workspaces have been remodeled to an At Home workplace or a hybrid including limited work days in the office. Many of us have had to now work remote or a modified workplace for safety reasons. This has caused many of us to re-think our work habits and make changes to our lifestyle. Some of these changes have been positive but most have had negative consequences. We are now forced to work longer hours and our nutrition and lifestyle have taken a back seat.

## **Work place related Injuries**

Workplace related injuries resulting in lost production days at work are due to repetitive movements or lack thereof has become an important health care issue in the United States. About 2.8 million nonfatal workplace injuries and illnesses were reported by private industry employers in 2017, occurring at a rate of 2.8 cases per 100 full-time workers. Let's take a look at the most common workplace injuries and how they have effected

One half of all working Americans admit to having back pain symptoms each year. Back pain accounts for more than 264 million lost work days in one year. That accounts for two work days for every full-time worker in the country. Low back injuries are usually caused from excessive sitting and improper lifting.

Shoulder injuries can take a long time to heal and often cause factory workers to miss a lot of work. According to the Bureau of labor statistics, shoulder injuries caused employees to miss a median of 26 days of work during 2014. Shoulder injuries are caused through repetitive movements and improper lifting techniques. Excessive computer use can cause shoulder imbalances that can lead to injury as well.

Work-related knee injuries accounted for over 100,000 injuries from work related injuries in 2017. Walking, climbing stairs, sitting up and down, and improper lifting technique will cause the worker to become more susceptible to injury.

## Cumulative Injury Cycle



According to the Davis Law, soft tissue will model itself along lines of the stress imposed on the body. Our Human movement system is characterized by our anatomy and its functional biomechanics, motion learning and motor control. It is an integrated system in which if one of its systems is impaired, it can lead to compensations and adaptations in other systems. If one component is out of alignment, it creates predictable patterns of tissue overload and dysfunction, decreased neuromuscular control and micro trauma. Poor posture and repetitive movements create dysfunction within the connective tissue of the kinetic chain. This dysfunction is treated by the body as an injury, and as a result the body will initiate the Cumulative injury cycle.

The cumulative injury cycle is characterized by tissue trauma, inflammation, muscle spasms, adhesions or knots, altered neuromuscular control, and then muscle imbalances that can lead to injury.

There is neither a magic pill nor any quick fix for treating these injuries or compensations. Although sometimes just moving and a properly designed corrective exercise programs can strengthen muscular imbalances, correct joint dysfunction and reduce pain. If we can address the issue before extreme treatments, such as surgery, are needed, hopefully we can add more quality of life to workers as well as reduce

costs on extreme treatments and decrease in absentee days and visits to orthopedic surgeons and chiropractors.

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## Move Natural at your Workspace

A sedentary lifestyle or excessive sitting can also lead to weight gain. For every extra pound you carry, you also carry 4-10 more times the amount of stress on your joints. Here are some tips on how to stay active during your workday from home.

**1. Exercise at your desk.** Waiting for the meeting or a slow internet connection can be a little frustrating. While you are waiting at your desk, try body weight movements such as squats, desk pushups, lunges, or keep hand weights or bands around to for curls or presses to get your strength training in.

**2. Develop a Daily Rhythm.** Habits and rituals are very powerful behavioral practices that can keep you on track or derail you. Set a consistent wake up time and schedule your work, your breaks and exercise time.

**3. Get up and Get away.** When you take a break get away from work space and take time to down shift. Maybe enjoy a book or take time to meditate.

**4. Take Walking Conference Calls.** More and more leadership retreats are being held outside and while moving. Not only does moving feel good, but it creates greater blood flow, which helps in thinking, and also engages the lymph nodes, which relaxes us. Try at least one conference call (non-video) while taking even a gentle walk outside.

**5. Disrupt Yourself To Concentrate More.** Sometimes we get so caught up on our tasks that we realize it has been hours since we have moved. Disrupt yourself! Set an alarm for 25 or 55 minutes. Focus on a key priority. When the alarm goes off, get up and do something. Take a walk or a 5 minute Max Flex Fitness STRETCH routine located on page 6.

## Safe Lifting techniques for the Office or At-home

We realize that sometimes our job description include lifting objects, even if it is just around the house. American workplace claims accounted for \$100 billion annually in medical bills, disability, and lost productivity. Here are some tips on how to lift safe while at work or around the house.



1. Get close to the object.
2. Use wide stance with one foot forward and one behind for better balance.
3. Keep back straight, Butt Back. Use legs and Hips to lift.
4. Grasp object firmly with both hands
5. Tighten core and keep a straight strong back.
6. Lift slow, try not to hold breath.
7. Hold close to body and lift by extending your legs. Breathe out as you lift.

## Tips for Healthier Nutrition

Keeping your nutrition in check can be tough when your home or at the office. You feel comfortable and there's plenty of food available. And unlike in the office, you're free to graze all day and the fridge is all yours. But this habit can wreak havoc on your waistline, sabotage weight loss and halt your productivity.

1. **Don't work near the kitchen.** Try to set up your desk in an area that's not near the kitchen. You might be tempted to wander over and check the fridge (for the tenth time) if it's constantly in your line of vision.
2. **Plan your snack and meal times.** Just as you schedule and plan out the rest of your day (get up, workout, and shower), establish when throughout the day you're going to eat. If you know you like to eat lunch around noon, plan for that. And if you like to have a snack in the late afternoon, plan for that as well.
3. **Make sure you actually eat.** Once you hit the ground running, err, working, it can be hard to take a break to actually eat. But it's important to know your hunger signs and realize that not eating can affect your alertness and productivity. Plus, eating throughout the day can save you from being a big hangry mess once 5 o'clock rolls around.
4. **Meal prep your lunches.** There's something freeing about being able to whip up whatever you want to eat for lunch (and not having to stand in line for the work microwave is a huge bonus). But for some people, the freedom is too much, especially when it comes to weekday lunches. If you can, try to meal prep your lunches ahead of time, just like you would on days you physically go to work. It doesn't need to be anything fancy either. A bag of lettuce, precut veggies, grilled chicken and nuts is a simple form of meal prep that takes out all the guess work. Or maybe you've decided that you're going to make a veggie omelet every day for lunch. Precut the vegetables ahead of time so you can quickly cook up a healthy and delicious lunch.
5. **Focus on real food.** Balanced, nutritious food makes us more productive. It keeps us fuller longer and helps us focus. Understand that what you eat will impact your mood and energy level. Focus on protein, fiber, healthy fats, fruits and veggies.
6. **Drink plenty of water.** Dehydration can lead to headaches and fatigue, which are both not good for your productivity. Just as you'd fill up a water bottle at the office to keep at your desk, keep water next to your work station at home too. If

You have water readily available, chances are you're more likely to drink it, helping you reach your goal of at least 64 ounces per day.

7. **Be careful of too much caffeine.** Too much is known to cause headaches, anxiety, digestive issues and even fatigue – none of which are ever good, but particularly not good when you're trying to work. Aim for no more than two cups of coffee per day to avoid the jittery feeling and avoid flavored creamers and other high calorie add-ins!
8. **Don't buy junk food.** Don't stock your fridge or pantry like a vending machine. This can lead to eating just because you can! Try your best to keep junk food out of your house; especially foods you know can trigger a binge for you.

## Stretch your Way to Better Posture



### Low Back Stretch

Stand with hands on hips. Stabilize hips gently roll body forward right, backward, left to stretch lower back. Perform 5 circles each and repeat in opposite direction.



## **Calve stretch**

The goal is to stretch the calve muscle. Periods of sitting can tighten these muscles. Stand near a wall or sturdy object. Bring one leg forward for support; use your body to lean against wall. Your outstretched leg should form a straight line. Shift forward to feel full stretch. Keep back foot pointing straight. Hold for 20-30 secs. Repeat 2 times.



## **Anterior deltoid stretch**

This stretch is designed for office workers who sit with rounded shoulders or who have to lift with arms continuously. Stand with feet hip and shoulder width. Stretch by moving arms together and then apart at a 90 degree angle. Move in and Out 10 times at a slow pace opening up chest and pulling shoulder blades apart.





## **Static hamstring stretch**

**Place one foot forward and straighten leg. Place opposite hip back to feel deeper Stretch. Hold for 20 - 30 secs and repeat on opposite leg. Repeat stretch 2 times.**



## **TFL/ Hip flexor stretch**

**Place one leg forward in lunge position. Straighten back leg and engage back glute to feel stretch in hip. Extend arm upward to feel stretch in shoulder and a deeper stretch throughout the entire side. Hold for 20-30 secs. Repeat 1-2 times.**



## **Levator Scapula / Neck stretch**

**Gently place one hand on the crown of the head and move chin to opposite shoulder of the stretch. Hold for 20-30 secs and repeat 2 times.**

## **About the Author**

**Antonio “Coach Nino” Magaddino has been a leader in the local and national fitness community for 20 years. He has achieved the highest honor as 1 of 100 worldwide National Academy of Sports Medicine Master Trainers. Magaddino is the owner of Max Flex fitness and wellness consultants in Naples Florida. Max Flex fitness specializes in Personal training, Corporate wellness, and recently has added a virtual program that includes Nutrition, Fitness and Lifestyle Management.**