



Workgroup Wellness Moments Musculoskeletal Health

Let us help you with a “wellness” moment as a perfect way to start your meetings. To help get the dialogue flowing, choose one of the following six scripted sub-topics on **musculoskeletal health**. Share all or parts in your work-group meetings.

1. Posture and Movement

These days, almost all of us feel the effects of poor posture. It’s easy to find yourself slumped over your phone or laptop for hours at a time. Over time, poor posture can have negative effects on your overall health. From staying active to stretching, these [tips](#) will help you improve your posture and stand a little taller. Other factors like stress and inactivity cause muscle tension and fatigue. These can eventually lead to a range of posture-related problems, for example:

- [neck pain](#) and [mid-back pain](#)
- [headaches](#)
- [rounded shoulders](#)
- weak back and stomach muscles
- [knee pain](#)
- [8 ways to Add More Movement Throughout Your Day](#)
- [Stretching for Flexibility](#): Flexible muscles are less prone to soreness and injury and can help improve overall muscular performance since they’re longer and less likely to “tear” or strain than tight, inflexible ones.
- [6 chair exercises](#) you can do at your desk

2. What’s in it for Me?

Not one among us wants to wake up in pain, feeling stiff, out of sorts or deal with chronic pain. We know how vital it is to add movement to our daily routine. But for many of us, it is a challenge. Our busy schedules can rule our day, week, month and year and before we know it, we have not progressed toward any goals we may have set for ourselves. Get back to the basics – keep it simple – don’t over think it. Don’t worry about what others are doing, find what’s best for YOU. How do we get started and keep it going? What’s in it for you? First consider some [factors and workouts](#). Let’s shift focus so we approach exercise or physical activity as a means to a healthier life, which is essential for [making it a daily habit](#). We move more, the better we will feel, leading to long-term behavior change and a healthier life reducing pain and discomfort. A good morning routine is key to starting the day off right. Here are [5 elements](#) of a strong morning (or night) routine.

- [Exercises to keep you mobile as you age](#)
- [What’s the difference between Physical Activity and Exercise?](#)

3. Back Pain – Some Relief at Last

One of the most challenging side effects of back pain is increased difficulty sleeping. You may want to rest, but back pain doesn't take a break. So, you carry it with you to bed. The good news is that there are sleep positions that can help to reduce back pain in bed. Here are some [tips on sleep position and pain relief strategies](#) that can help. Research confirms exercise can help relieve chronic low-back pain...[continue reading here!](#)

- [Learn how to lift heavy objects safely](#): back pain has many causes – and lifting heavy objects is a common one.

4. Getting to the Bones of it All

Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot we can do to protect our bones throughout our life. We are never too young or too old to improve the health of our bones. Osteoporosis prevention should begin in childhood. But it shouldn't stop there. Whatever our age, habits we adopt now can affect our bone health for the rest of our life. Now is the time to take action.

- [Tips on reducing our risk for osteoporosis now](#)
- Get more information on the [recommended guidance](#) for calcium and vitamin D
- What is a [bone density scan](#) and is it right for you?
- [Lactose Intolerant?](#) Where else can we get a good food source of calcium and vitamin D?

5. Boost Your Mood with Movement

Do you ever wake up feeling sluggish and unmotivated? Many studies show a significant improvement in an individual's mood after physical activity. During exercise the body releases endorphins which make you feel good. There's also that feeling of accomplishment, that feeling of *"I did something today for me"*. Despite the common knowledge that exercise is good for us, we often find it difficult to fit into our busy schedules. It's time we transform *thinking* about exercise into actually *doing* it.

- [Check out these 4 tips](#) to fit working out into a busy schedule!
- [The importance of Mental Health check-ins](#) – Learn why mental health check-ins are important and how to get in the habit of it.
- [Try these in flight exercises and tips](#) for better back support on your travels.

6. Head bone Connected to the Neck Bone

Did you know the human head weighs 10-12 pounds? That's a lot of weight sitting on our shoulders held up by a few muscles, soft tissue and seven cervical vertebra. Now tilt that head forward and hold it for long periods of time as we find ourselves doing - day in and day out. Consider the amount of tension placed on those same structures as we hold what amounts to a 12 pound bowling ball out of alignment. How many times throughout the day do we catch ourselves slouching? We generally correct it but it usually comes after the body signals discomfort. At that point, are you rolling your shoulders, rubbing your neck or maybe even massaging your temples to try and relieve the tension forming? How can we [improve our posture](#) before the fatigue and discomfort sets in? Are you in pain? Which professional should you work with? You have options. [Learn what each one does here.](#) Muscles adapt to inactivity. How do we ["un-desk"](#) our body?