

Sometimes the chaos in our day-to-day lives can stress us out and leave our bodies feeling tired and beat up. Here are a few suggestions to get your body moving and feeling better at work and at home!



### Is low back pain limiting your lifting?

Are you unable to perform your daily duties and tasks in the workplace due to aches and pains? Back pain affects about eight out of 10 people and can be a large hurdle in daily workplace tasks. It is shown that certain exercises and stretches can help alleviate that nagging lower back pain.

Try these exercises at home each day to get your body feeling better!

### Single Leg Balance



- Begin in a standing upright position holding onto a chair for support.
- Lift one leg off the ground and hold it at a 90 degree angle in front of your body.
- Maintain your balance in this position.
- Try to balance without leaning on the chair for help.

### Calf stretch



- Begin in a standing upright position in front of a wall.
- Place your hands on the wall and extend one leg backward with your knee bent.
- Lean forward into the wall, until you feel a stretch in your lower calf and hold.
- Make sure to keep your heels on the ground and back knee bent during the stretch.

### Hip Flexor Stretch



- Begin in a standing position with one leg resting on a table or chair and the leg to be stretched resting on the ground.
- Keeping your back straight and upright, squeeze your bottom, and slowly shift your weight forward until you feel a stretch in the front of your hip.
- Make sure to keep your hips and shoulders facing forward, and do not arch your low back.

### Hip Flexor Stretch



- Begin sitting upright with one leg straight forward and your heel resting on the ground.
- Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.
- Make sure to keep your knee straight during the stretch and do not let your back arch or slump.



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## Exercise/Walk



Exercise is arguably the best way to de-stress your body and brain during the day. Even just walking outside for 20-30 minutes each day has many benefits. Exercising regularly causes your body to release certain hormones that play a positive role in mood elevation.

**Additional benefits of exercise include:**

increasing energy levels, helping you sleep better, promoting weight loss, deterring chronic illness, and strengthening your immune system.

## Hydration/Nutrition



Did you know that being just one percent dehydrated can cause your brain to feel foggy and tired?

Drinking and eating enough throughout each day can drastically improve your mood and energy levels. Eating a healthy, colorful meal or snack every two to three hours can help you stay energized and focused throughout each day.

During the warm summer months, **drinking at least 10-12 cups of water each day** will help your body and brain stay hydrated and working properly.

**Health tip:** Aloe vera provides excellent relief for sunburns! After spending a day in the sun, try putting on some aloe vera or lotion to help your skin repair and stay looking healthy.

Still struggling with low back pain or need help navigating your benefit? Call us for medical care management. 1-877-636-1436.