



Tips to get you through the day

- Always face the object of work.
- Ensure proper lighting to avoid bending to see properly
- Adjust the work space to get enough room to change working position.
- Use a foot rail or portable footrest to shift body weight from both to one or the other leg.
- Have a proper chair and workstation setup
- Schedule clients with a minimum of 5 - 10 minute rest period
- Wear comfortable, well-fitting shoes with a low heel.
- Wear support hose or socks.
- Avoid prolonged static postures, move often to aid in circulation.
- Stay well hydrated.

Combining a proper workout routine coupled with frequent changes in position and a healthy lifestyle can assist in reducing the risk of musculoskeletal disorders.

Register for S-Curve Fitness

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Fitness while you Work

WELLNESS FOR THE SERVICE
PROVIDER



Body Dynamics Wellness Centre
Mobile/WhatsApp (868) 470 - 8254



The Beauty Industry

Service providers in the beauty industry undergo a lot of musculoskeletal strain due to the nature of their jobs

- Barbers
- Hair Stylists
- Nail Technicians
- Makeup Artists

Prolonged standing or sitting is a normal part of the job, coupled with repetitive arm and hand movement and bending. This can cause symptoms which may start off mildly and increase in frequency and intensity in the neck, back, arms or hands.

Some common symptoms are:

- Muscle fatigue
- Aches or pain
- Loss of strength and endurance
- Redness or swelling of area
- Numbness or tingling sensations
- Dead butt syndrome
- Joint stiffness

Taking care of your body and having a long career is the priority.

Fitness while you **Work**

This fast pace industry may not allow for a regular fitness routine. Here are some simple exercise you can do while you work or between appointments to reduce the risk of musculoskeletal pain.

Routine For the sitting worker

1. Curl your toes
2. Raise your toes
3. Raise your heels
4. Extend your legs
5. Lift your Right then Left butt cheek off the chair
6. Tighten the buttocks
7. Pull your navel into your back **(do not hold your breath)**
8. Arch your back
9. Squeeze your shoulder blades together
10. Shrug your shoulders
11. Bring your chin to your chest
12. Look up at the ceiling
13. Look Right then Left
14. Breathe in through the nose for a count of 3 and out through the mouth for a count of 5 **(Repeat 3 times.)**
15. Raise your arms over your head
16. Make a tight fist then open hands
17. Rotate your wrist clockwise and anti clockwise

Routine For the standing worker

1. Curl your toes
2. Raise your toes
3. Alternately raise your heels
4. Slightly bend your knees then straighten
5. Bring the heel towards the buttock the Right then Left Leg.
6. Tighten the buttocks
7. Pull your navel into your back **(do not hold your breath)**
8. Arch your back
9. Squeeze your shoulder blades together
10. Roll your shoulders backwards
11. Bring your chin to your chest
12. Look up at the ceiling
13. Look Right then Left
14. Breathe in through the nose for a count of 3 and out through the mouth for a count of 5 **(Repeat 3 times.)**
15. Raise your arms over your head
16. Make a tight fist then open hands
17. Rotate your wrist clockwise and anti clockwise

Perform routines in sequential order, holding each position for 3 - 5 seconds