



# WORK RIGHT R E V I E W

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## WARMUP TO WARM UP

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During the winter season no one *likes* to be cold and that's why utilizing a good pre-activity warmup can keep us PREPARED! Let us show you how to warm up with a good warmup!

### Utilize Proper Attire

In order to be and stay warm it's important to wear proper attire when outside. Find a happy medium between the marshmallow-look, which could limit range of motion, and beach attire, which could cause frostbite or hypothermia.



### The Warmup

Warmups decrease the risk of injuries. During the winter it not only helps prevent injuries, it keeps your body warm. For example, if you are about to shovel the driveway, perform some squats beforehand to warm up the leg muscles. If you're about to chuck a snowball at your friend, try some arm circles beforehand.



### Remaining Warm Throughout the Activity

Remaining warm throughout the entirety of the activity is also important. For example, if you're skiing or snowboarding and need to take a break for lunch, it's important to perform another warmup before heading back to the trail. If you are a skier or snowboarder here are some suggestions for a warmup:

- **Jumping Jacks** (Increases heart rate)

- **Squats** (Warms up the legs and prepares you for the ski lifts or big jumps)



- **Hamstring, Quad & Low Back Stretches** (3 muscle groups that will see the most work)
- **Start the day on a bunny hill** before you attempt triple black diamonds



- **Arm Circles**
- **Wiggle those toes and fingers** to keep your extremities warm!

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

