

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## STRONG TO THE CORE

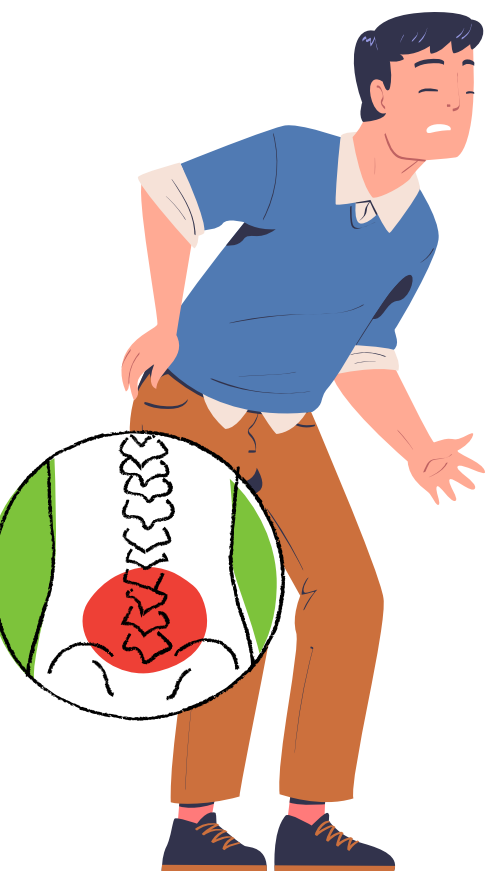
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Deep down under a few layers of skin and other tissue lies our “core” which is comprised of a set of muscles that surround, insert into, and stabilize our spine and joints. It feels like a good place to start this year as we focus on Building Together for Work Right’s 10th anniversary. Because if we’re going to build something RIGHT, we might as well start with a strong foundation!

### CONQUER THE CORE!

Did you know that back injuries account for 1 in every 5 workplace injuries? The industrial setting features many jobs that place different forces on the lower back, and therefore we must get ahead of the game. Let’s start the year off right and create a New Year’s resolution to improve our back health by strengthening our core!



### CORE-DEFINING

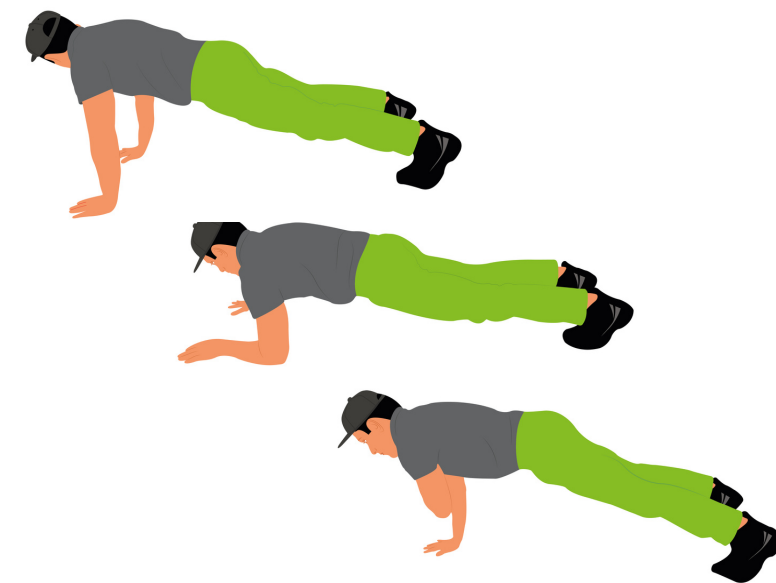
The term “core” refers to the central part of your body and includes a variety of muscles, all of which play a significant role in the reduction of lower back pain and injuries. Picture the foundation of a house. This is the core of the human body. It’s what the whole structure relies on. If it’s weak, it crumbles. When we build up our core body strength, we reduce the forces on the back and decrease injury risk!



### CORE-SCRIPTION

Now here’s the question you’ve been waiting for. How often should you be strengthening your core? All it takes is 2 to 3 times per week of a core training session. This can be simply added into your normal fitness routine or into a couple of 15 minute chunks during the week. Here’s one of my favorite core exercises – the Plank!

**Planks:** Place your hands or elbows directly under your shoulders and your feet about hip-width apart. Squeeze your core muscles and try to maintain a straight line with your body, parallel to the floor below you. Want to make it harder? Start on extended arms and extended legs (or on your knees). Progress to a forearm plank, hold for longer, or lift a hand to tap the opposite shoulder.



### READ MORE BY SCANNING THE QR CODE!

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 Specialists 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.

