

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW

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BUILDING OUR WORLD

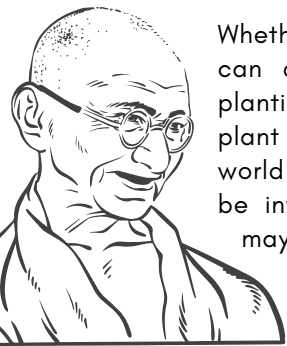
BY MARTA BORKOVA, PT, DPT

Spring is here, and with it comes a time of new growth and renewal. The cold, dark days are receding, the ground and air thaw and begin to stir with new life. Even our bodies begin to transition from winter hibernation and energy conservation, to the stirring, insistent energies of spring. It is no wonder that April is Earth month, a time when around the United States, many communities celebrate nature's awakening by holding composting workshops, planting trees, and spring-cleaning our natural spaces. But what better time to find new ways for **Building Our World** toward a *greener* future?



BE THE CHANGE

Whether we celebrate Earth month or not, we can all agree that spring is the time for planting seeds. It can also be a time when we plant the seeds of a sustainable lifestyle. The world is literally budding with opportunities to be involved in creating positive change. You may ask, why? Why me? Why bother? In the well-known words attributed to Gandhi, you must be the change you wish to see in the world. Like individual pieces of a giant puzzle of the Earth, each of us can do our part to plant the seeds that lead to the conservation of our local and global resources and ecosystems.



*Be the Change
You Wish to See
in the World.*

- Do you turn off lights and computer monitors when you are away from your work?
- Do the foods that you put in your body support your personal health as well as the health of the environments they come from?
- Does your work have any kind of green space where you can take your break in a calming, natural environment?

These are just some of the many ways that you can make your workplace lifestyle sustainable, or not.

A word of caution - just like a novice gardener, don't plant too many seeds. It's better to start small, because small changes are lasting changes. Stay tuned to our weekly Digest throughout April for more ideas on contributing to a sustainable lifestyle. Making choices that benefit our planet will build a better world for us today and for generations to come.

CREATING THE CHANGE

Since we spend about a third of our life at work, we have a tremendous opportunity to create positive change in our workplaces, and opportunities abound. Here are some eco-starter questions to get your mind to realize some of the easy ways to get started:

- Have you considered carpooling to work, or riding your bicycle?
- Does your work have any kind of recycling system in place?
- Do you regularly use single use plastics for your meals, or get a drink on your way to work in a single use plastic cup?



CHANGE IN ACTION



Work Right Injury Prevention Specialists have been presented with an Eco Challenge this month and we think our Industrial Athletes should take part too! **Download your own Work Right Bingo card** and see how many Bingos you can create this month by completing eco tasks in your day-to-day life. Ask your onsite clinician to print you a copy if you need!

About Marta Borkova, PT, DPT || Marta Borkova is a Physical Therapist in Spokane, WA. In and out of the clinic she loves exploring the themes of holistic health and wellness, and sharing what she's learned. When she's not onsite providing injury prevention services, she spends most of her time trying to keep up with her two little boys!



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.

