



## WORK RIGHT WITH HEART

BY ALLY FOLKERT, DAT, LAT, ATC, CSCS

With February just around the corner, we're turning our sights to this Cardiovascular Health Awareness Month. February is a time dedicated to raising awareness about the importance of heart health and inspiring individuals to take proactive steps toward better living.

In the spirit of *Prevention Favors the Prepared*, Work Right's theme for 2025, what better time is there to encourage these lifestyle changes for the industrial athlete? Work Right is piloting the Work Right with Heart Challenge: a month-long program designed to help improve cardiovascular fitness, decrease sedentary habits, and build sustainable routines to support long-term heart health. Check out the details on the challenge below, and consider joining in on the fun!

### HEART HEALTH

Heart health isn't just about living longer - it's about living better! Your cardiovascular system powers everything you do, from handling physically demanding tasks at work to keeping up with your family and friends. Unfortunately, heart disease remains one of the leading causes of death worldwide, affecting millions of lives every year. The good news? Many of these outcomes are preventable with lifestyle changes.

### THE CHALLENGE

The Work Right with Heart Challenge is designed to be flexible and accessible, making it ideal for the industrial athlete. Whether you're on the warehouse floor, working long shifts, or managing physically demanding tasks, you can easily integrate these workouts into your day-to-day life.

The workouts do not require any equipment and can easily be completed with friends and loved ones. Activities such as going for a 30-minute brisk walk before or after work or doing a quick interval workout with simple movements to get the heart pumping before sitting down for a meal. Heck, many of the workouts can be completed in front of the TV!

Habits take time to build, but committing yourself to 28 days of movement is a fantastic start that can lead to transforming your life in an extremely beneficial way.

Do yourself and your loved ones a favor and try Work Right with Heart this February! Click on the images to the right and get started next week.

**WORK RIGHT WITH HEART CHALLENGE**

Join this February movement challenge to improve cardiovascular health!

**EVERYONE WINS!**

- **Get informed:** learn simple things you can do to keep your heart healthy
- **Win prizes!** be in the top 3 participants to win a prize
- **Improve your health:** use this challenge to help get moving in the right direction

**HEART STRONG CHALLENGE**

**FEBRUARY 2025**

**HEART HEALTH CHALLENGE**

Try your best to check off every day!  
If you miss a day, shake it off! Just continue where you pick back up!  
Nervous about an exercise or not certain about the day's challenge? Choose a different challenge!

**PACE HINTS:** WALK, BRISK WALK, FAST PACE WALK, JOG

| SUNDAY   | MONDAY  | TUESDAY                                 | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|--|--|---|---|
| 01 BRISK WALK 30 min   | 02 HIGH KNEE MARCHES 10 rounds: 25 sec fast pace, 40 sec REST                                 | 03 WALK OR BIKE HIDE 30 min             | 04 BRISK WALK ON TREADMILL OR HILL 30 min                              | 05 HURDLE JUMPS 10 rounds: 20 sec jumping, 30 sec rest, 40 sec rest            | 06 WALK OR BIKE HILL 30 min   | 07 ACTIVE REST DAY 10 min on stretching   |
| 08 WALK 30 min   | 09 SIT & STAND 10 rounds: 30 sec sit, 15 sec stand, 30 sec REST                               | 10 WALK UPTERRACE OR STAIR CLIMB 30 min | 11 FAST PACE WALK 30 min   | 12 MOUNTAIN CLIMBER 10 rounds: 10 sec plank, 10 sec knee to chest, 30 sec REST | 13 BRISK WALK 30 min  | 14 ACTIVE REST DAY 10 min on stretching, foam rolling or self-massage               |
| 15 BRISK WALK/JOG 40 min: 10 min jog, 2 min rest, 1 min walk   | 16 AIR PUNCHES 10 rounds: 30 sec fast pace, 40 sec REST                                       | 17 BRISK WALK ON BRISK WALK 30 min      | 18 BRISK WALK ON TREADMILL OR HILL 30 min                              | 19 LATERAL SHOUFFLE 10 rounds: 30 sec shuffle, 30 sec REST                     | 20 WALK, BIKE, OR TREADMILL/WALK/JOG 30 min   | 21 ACTIVE REST DAY 10 min on stretching, foam rolling or self-massage               |
| 22 OUTDOOR WALK/JOG 40 min: 10 min jog, 2 min rest, 1 min walk | 23 LEAF RAKES HIGH KNEE MARCH SIT & STAND MOUNTAIN CLIMBER 4 rounds: 10 reps each, 1 min rest | 24 WALK UPTERRACE OR STAIR CLIMB 30 min | 25 WALK 30 min: Try 2 min jog, 1 min rest, 1 min walk, then 1 min rest | 26 HIGH KNEE MARCHES 10 rounds: 30 sec fast pace, 30 sec REST                  | 27 WALK, BIKE, OR TREADMILL/WALK/JOG 30 min: Walk as far as you can, then walk between... Repeat. | 28 FINAL DAY! Meet with your WR Injury Prevention Specialist for final instructions |

**CLICK HERE FOR YOUR COPY!**



**Ally Folkert DAT, LAT, ATC, CSCS** || With a Doctorate in Athletic Training from The University of Florida and Bachelors in Athletic Training from Grand Valley State University, Ally brings a diverse background to her nearly 3 months at Work Right ranging from working with high level college athletes to pickleball-loving snowbirds! Outside of work, Ally spends most of her time training for competitive beach volleyball and testing healthy recipes in the kitchen. Ally has a passion for keeping those she serves off of the sidelines and enjoying the activities that they love.

**Work Right** 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.

