

A STRONGER YOU

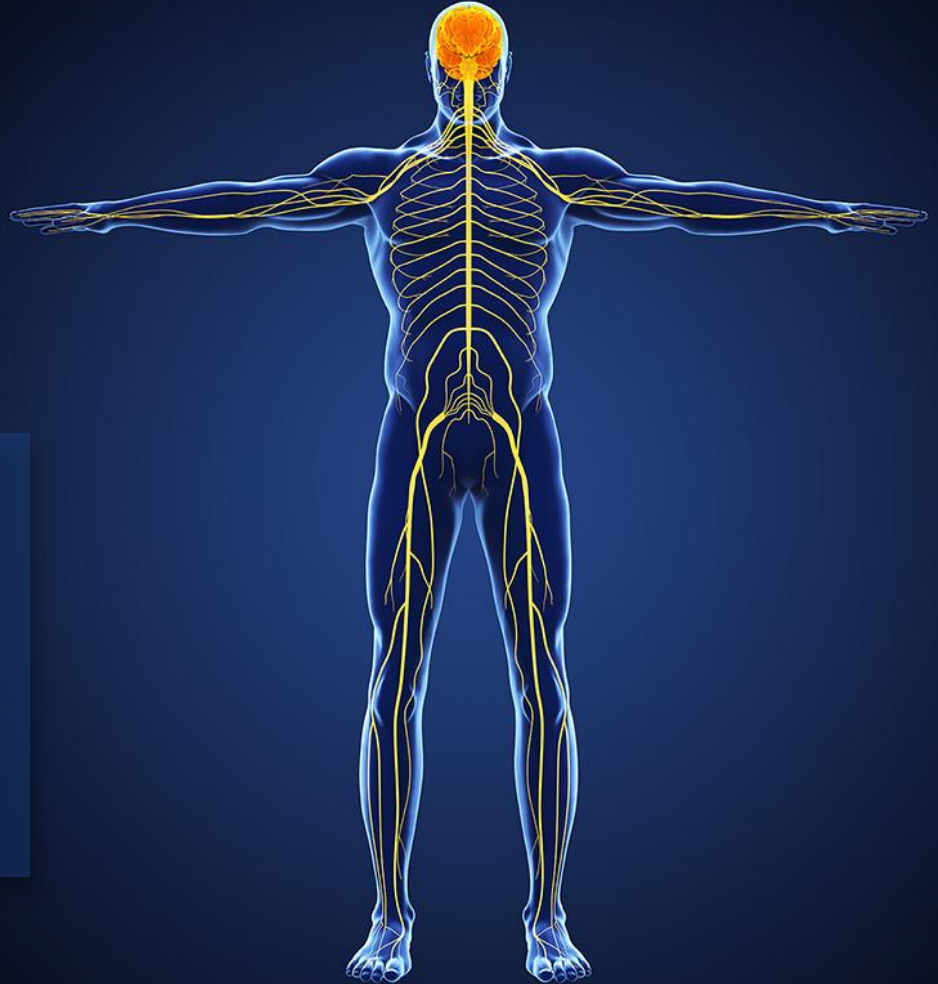
You are
Designed
to **Move**



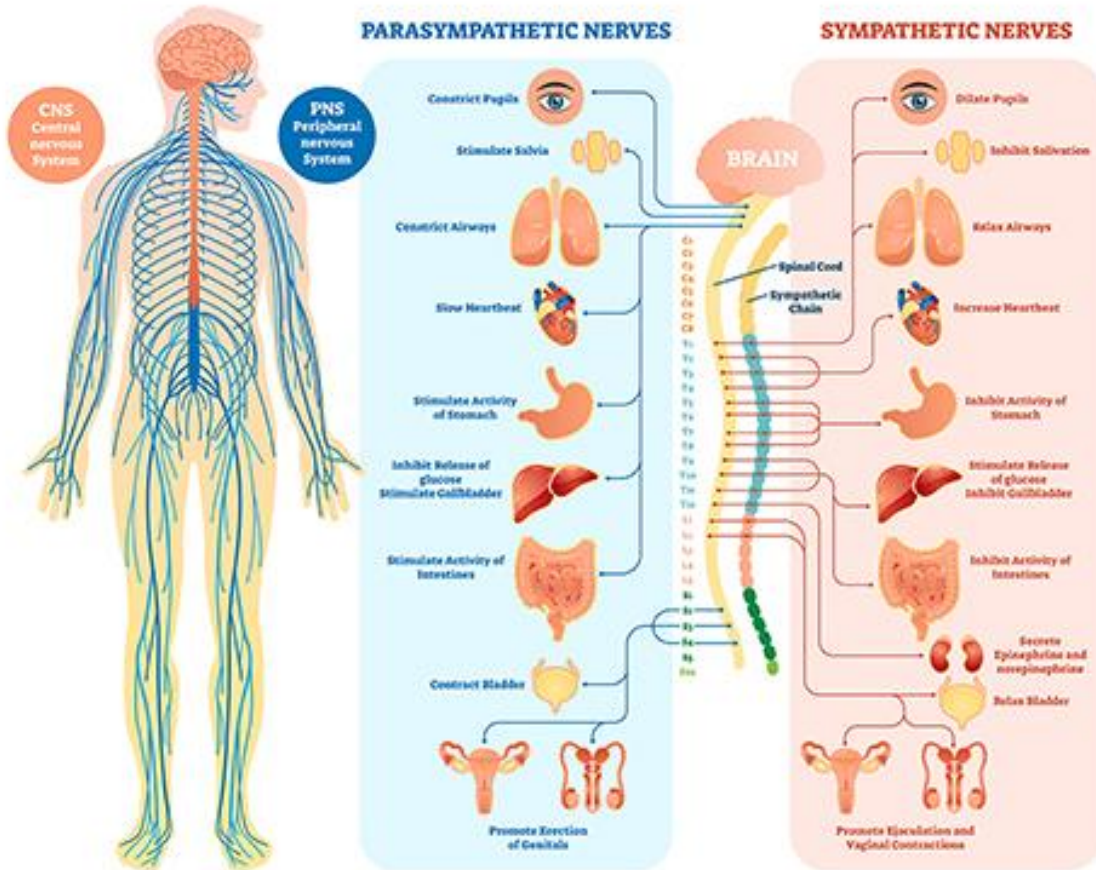


Your body has incredible range of motion with a degree of shock absorption built in.

Nerves help coordinate
your movements
with the main nerves
attached to the spine



HUMAN NERVOUS SYSTEM



According to recent neurological studies, the nerves and brain communicate more easily and accurately when the spine is aligned, or in its natural S-curve position.

A large trunk of nerves run down from the upper spine through the shoulder.

Another large trunk of nerves run down from the lower spine to the hip/buttocks area.

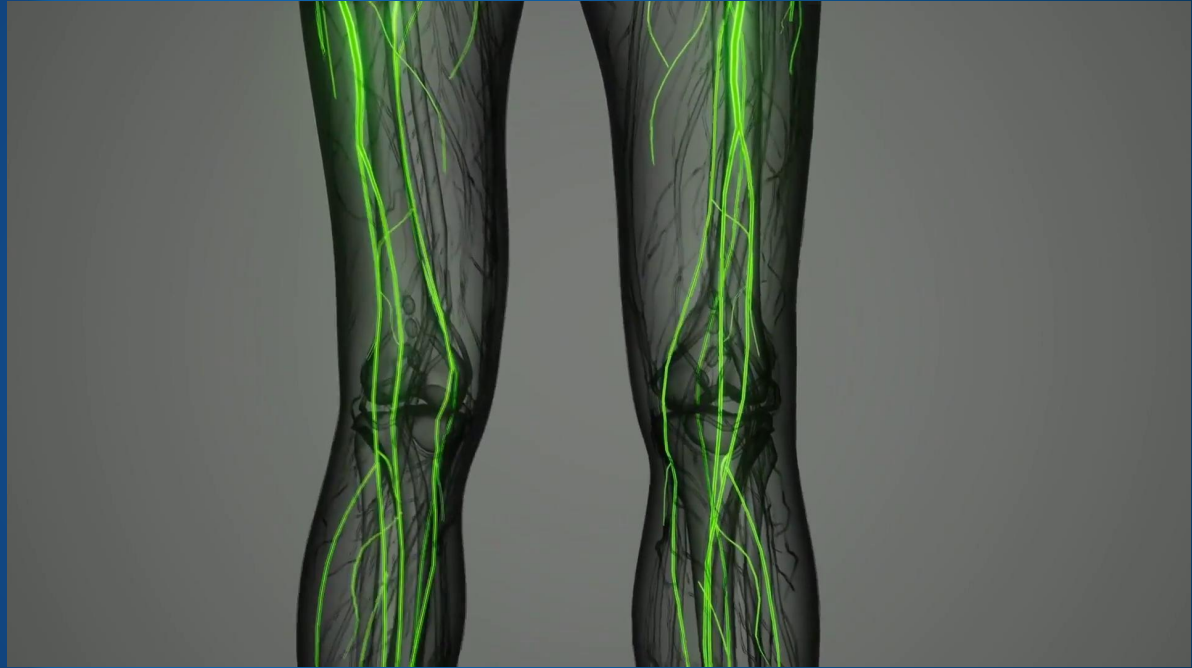


Nerves tell
you if there's
an issue.



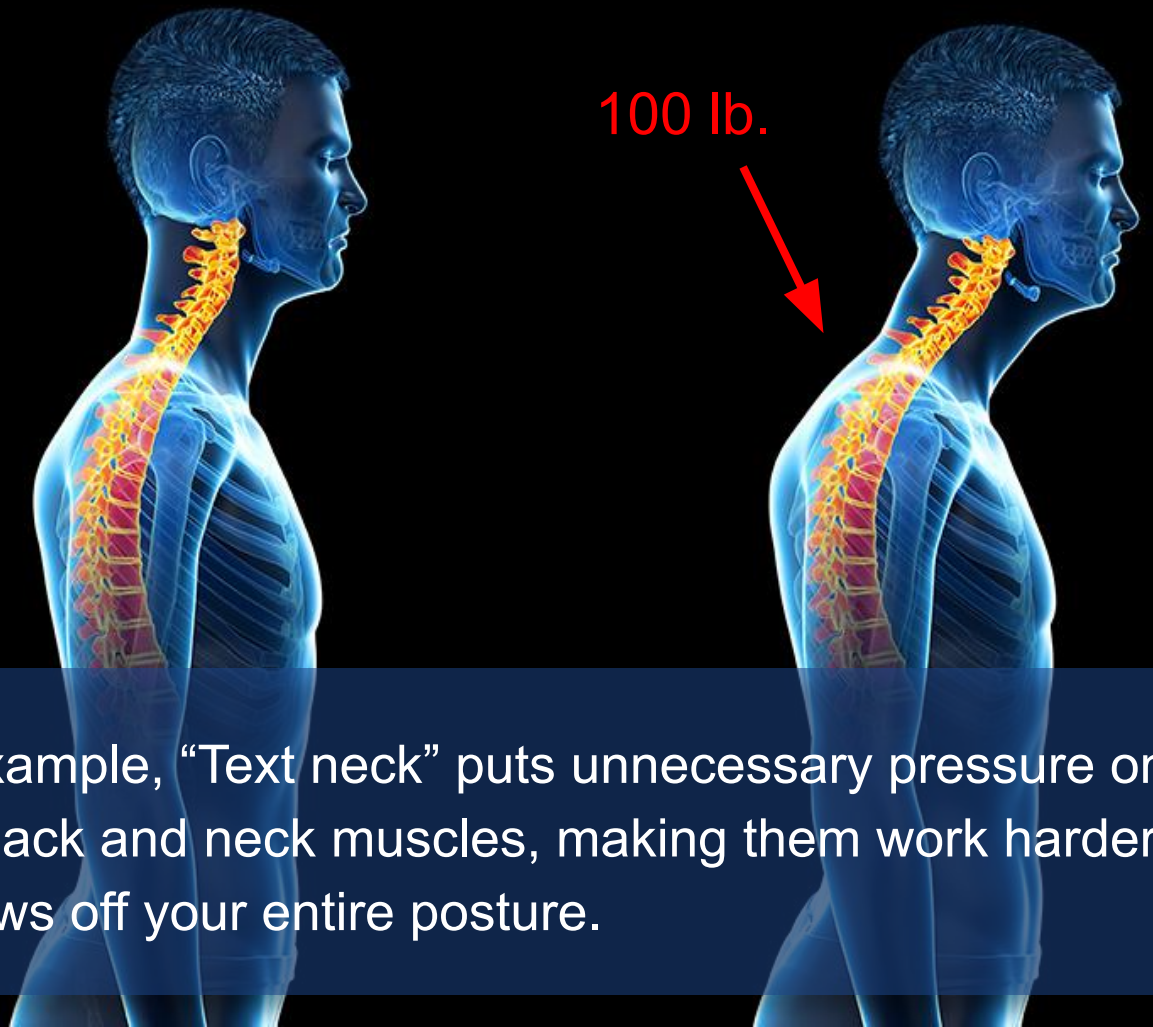
An arm, wrist, or hand issue often stems from the trunk of nerves at the top of the shoulder or at the spinal connection.

A leg, ankle or foot issue often stems from the trunk of nerves at the hip or at the spinal connection.



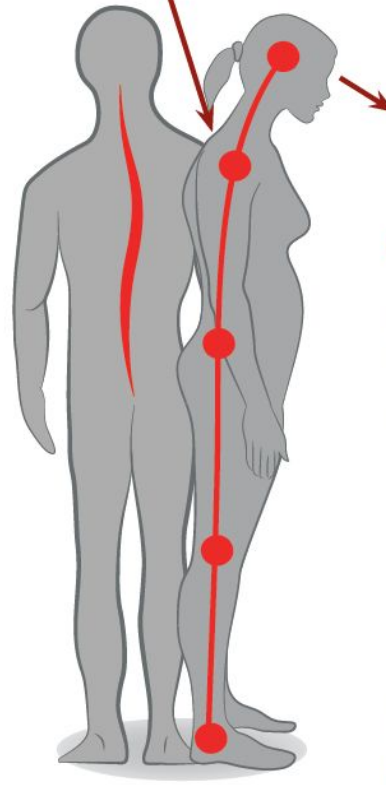


Lack of body strength, flexibility and poor posture cause many back and ergonomic injuries.



100 lb.

Weight of head rests on shoulders.



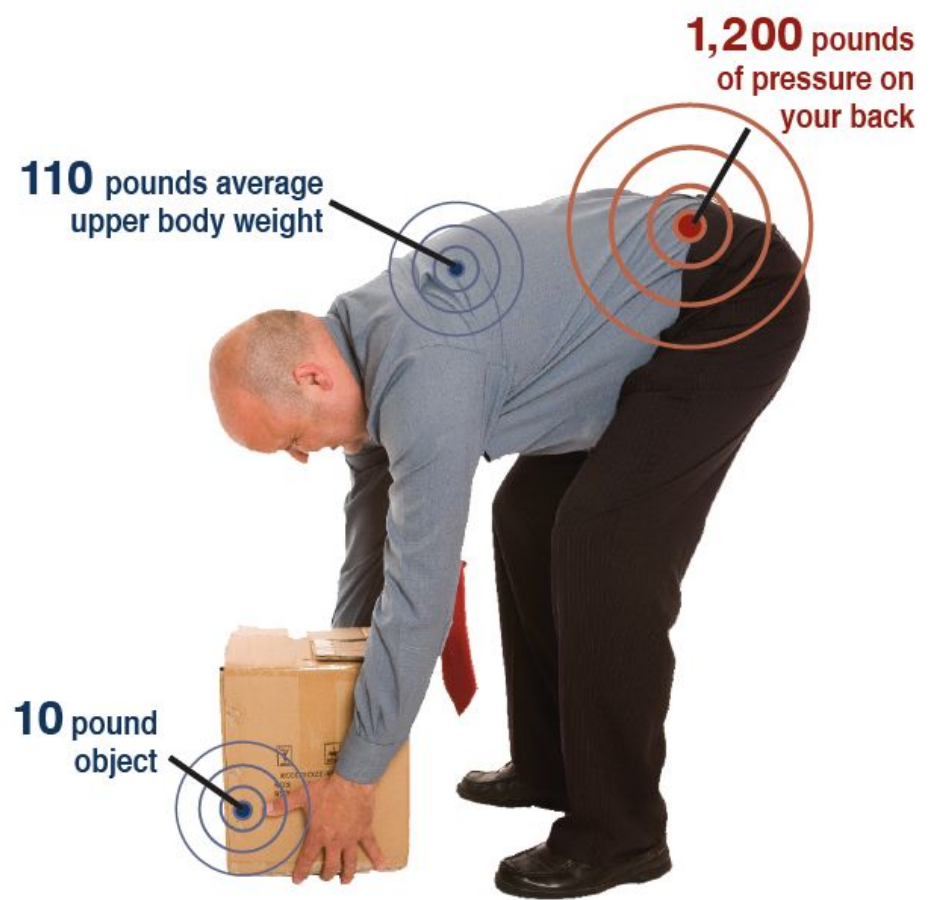
For example, “Text neck” puts unnecessary pressure on your back and neck muscles, making them work harder. It throws off your entire posture.

incorrect

Also, bending at the waist puts tremendous pressure on your lower back.

Regardless of what you're lifting...

- a child
- a bag of dog food
- a small object



10 pound object x 10 (10:1 ratio) = **100 pounds**

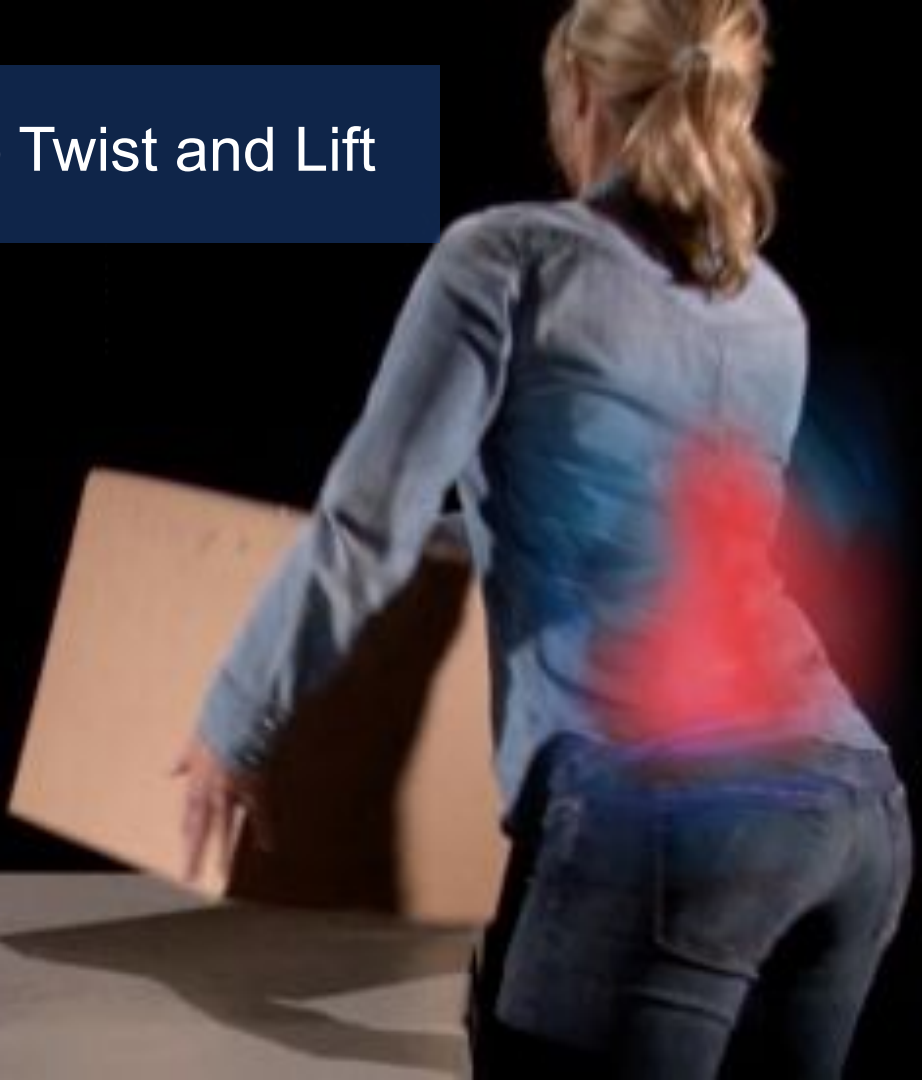
110 pounds (ave. weight of male upper body) x 10 (10:1 ratio) = **1,100 pounds**

1,200 pounds

Your Back is not Designed to Twist and Lift


Nor when:

- Using jerking movements when lifting
- Lifting while not fully grasping an object
- Lifting while off balance
- Pulling or dragging objects
- Slipping, tripping or falling





Michigan workers fall down a lot, but we don't have to.



Your back and ergonomic injury affects a bunch of people.

Co-workers have to do your job. And at home, you can be a pain in the back to be around.

WHAT TO DO:



Pay attention.

Understand and practice safety.



Work within your 'neutral zone'.

It's the safest area to work within while at work and at home.

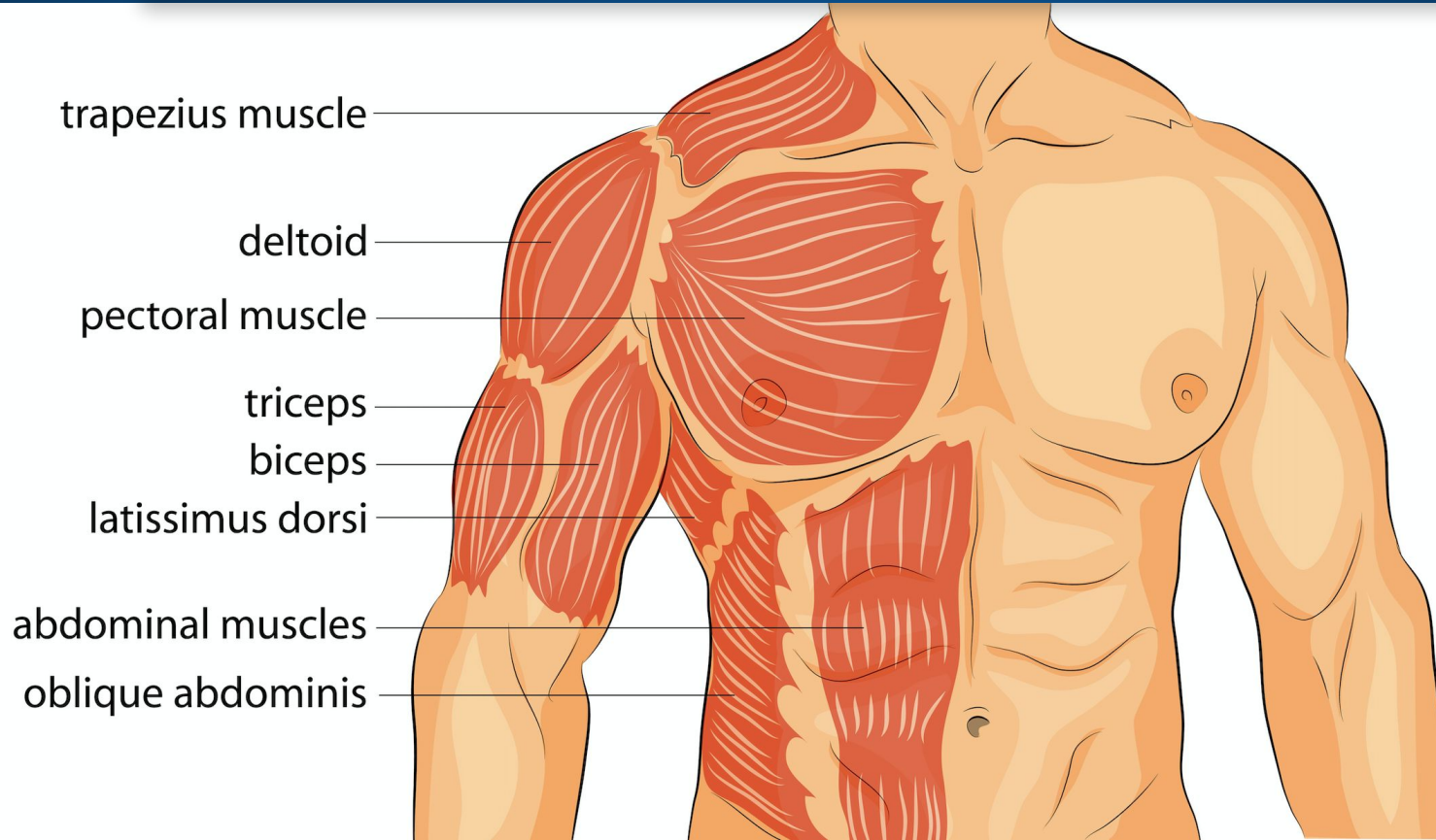
Use Your Strongest
Muscles - legs and butt





Use hand tools in a neutral position.

Keep Your Shoulders Flexible and Core Strong





Use your body equally instead of favoring one side.

Use objects to leverage yourself to take the weight off of your body while performing a task.





Practice flexibility and strength with yoga stretches.



Massage and chiropractic can also help with this.

SLEEP is Necessary

Research consistently concludes getting less than 7 hours of sleep affects your daily performance. It starts when you lose as little as 15 minutes of sleep.

It's easy to spot:

- Tired
- Distracted
- Takes longer to do your job
- Slow reaction time
- Poor memory
- Lots of injuries

YOUR PERSONAL HEALTH

Affects Your Injury Rate



CENTERS FOR DISEASE
CONTROL AND PREVENTION

The Centers for Disease Control (CDC) reports your personal health contributes to your injuries.

Particularly related to:

- Stress
- Health
 - Chronic Disease
 - Nutrition
 - Exercise

A photograph of a worker in a yellow hard hat and green safety vest sitting on the ground in pain, surrounded by colleagues in a factory setting. The worker is wearing a blue shirt and dark pants. One colleague is kneeling next to him, and another is standing behind him, both appearing to be providing assistance. The background shows industrial equipment and a red wall.

STRESS

The connection between stress and injury is real.

Short term stress is natural.

Your built-in “fight or flight” response is normal.

Your adrenaline kicks in and it goes away quickly.

According to the CDC, stress overload biologically causes:

- Heart Disease
- Back and Upper-Extremity Disorders
- Workplace Injuries
- Mental Health Depression
- A Poor Immune System contributing to:
 - Cancer, Ulcers, Diabetes, Thyroid Disease, Psoriasis, Crohn's Disease/Ulcerative colitis, Lupus, Rheumatoid Arthritis, Multiple Sclerosis, and more



**CENTERS FOR DISEASE
CONTROL AND PREVENTION**

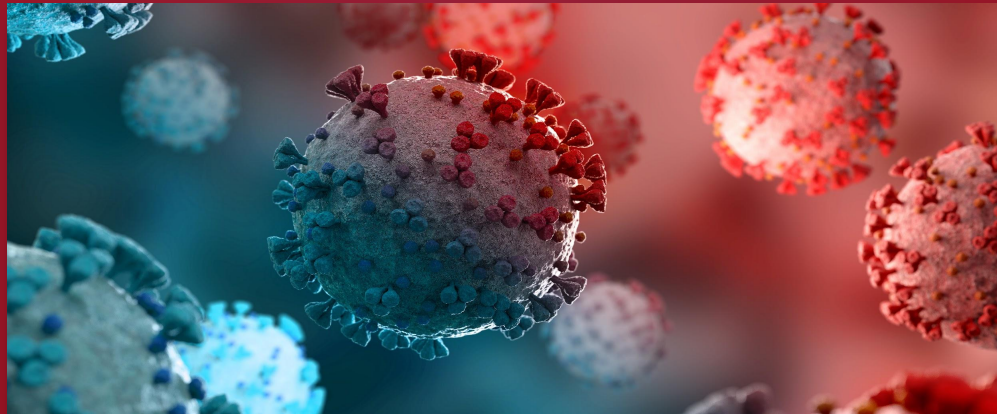


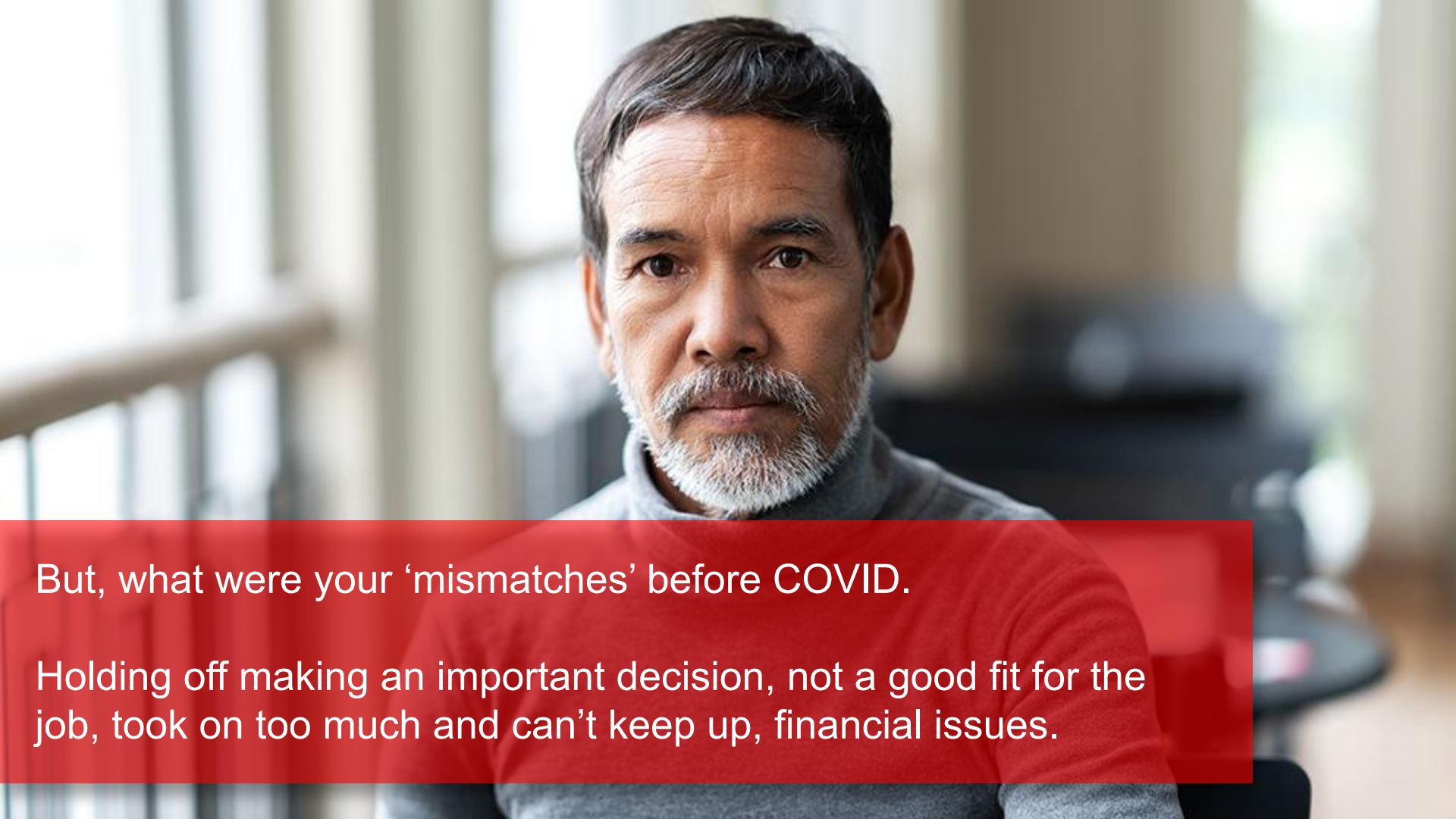
Stress is Due to Fear



Your fear is caused by a 'mismatch'
of some kind in your life.

Undoubtedly, COVID created uncontrollable stress to your life.
And it continues to do so.





But, what were your 'mismatches' before COVID.

Holding off making an important decision, not a good fit for the job, took on too much and can't keep up, financial issues.

The more 'mismatches' you have the more judgemental you are to yourself and others.

That's also when you feel stuck, alone and isolated.



WHAT TO DO:

ACKNOWLEDGE YOUR FEAR

Ask yourself why you feel afraid and anxious.

Keep asking this over and over to help get to the origin of your fear.



BE AUTHENTIC

According to research, 90% of what you say and do is based on what others say and do - just to fit in.

Going forward, match what you say with what you do.

It immediately reduces your fear because you are being more true to yourself. You are respecting yourself.

ROUTINE

Reduce the extra 'noise' in your life through routine. It helps you see more clearly what's really important to you.

At home: make your bed, organize your home, set boundaries with family and friends.

At work: keep your office space clean, keep projects organized so things don't pile up.

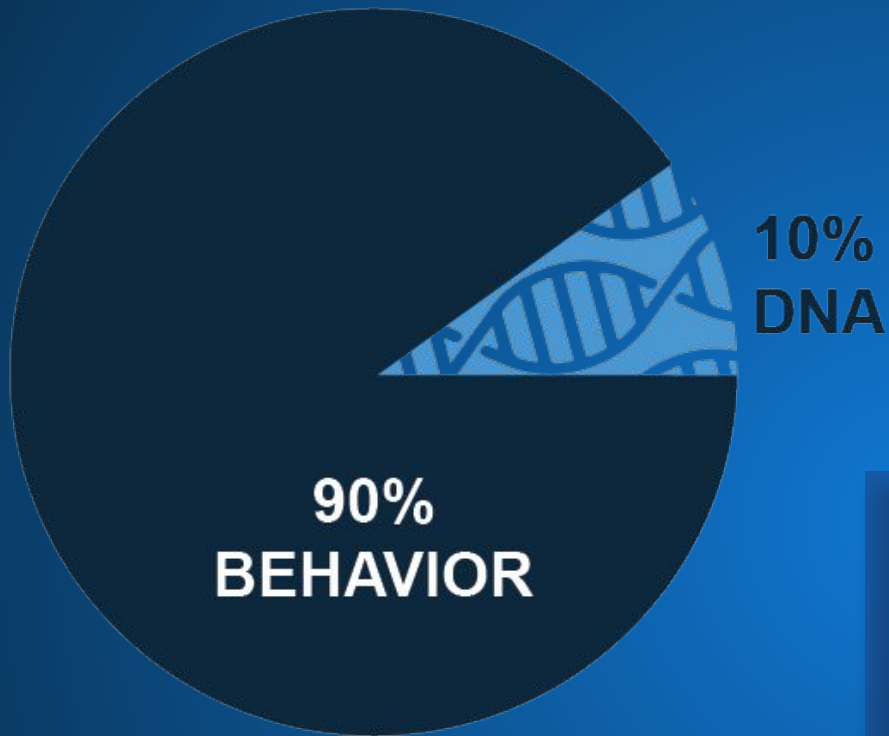
ATTITUDE

Your attitude is a game changer. It directly affects your daily life and everyone around you.

Acknowledge someone doing something nice for you is a great start to becoming more grateful.

CHRONIC DISEASE

Affects Your Injury Rate

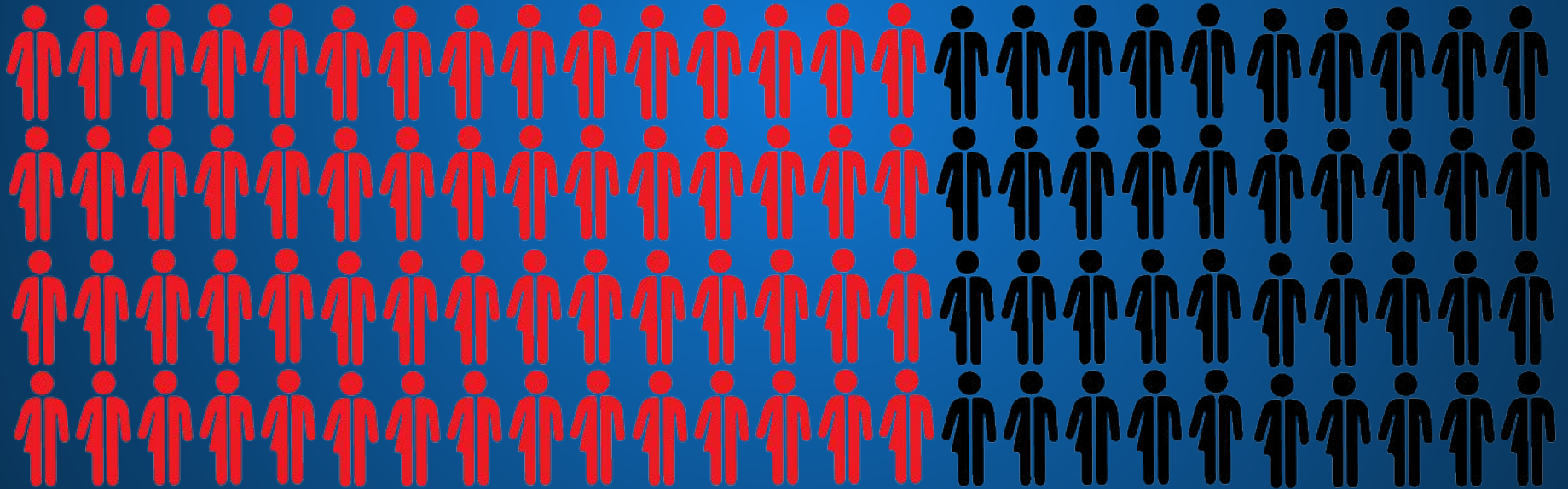


Your Genetic (DNA) code influences 10% of your overall health. The remaining 90% is caused by your behavior.

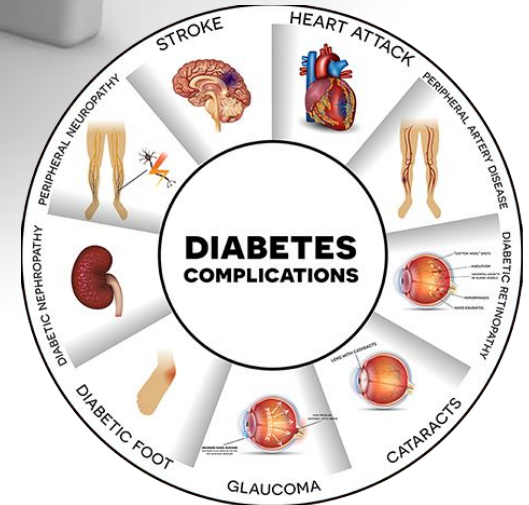
The medical community knows this.

Michigan Adults are Not Healthy

Over 60% have chronic disease.
("underlying or pre-existing conditions")



A chronic disease like Diabetes causes multiple health issues.



Chronic Disease and Obesity

prevents your natural killer cells (immune cells) from working and contributes to autoimmune diseases (multiple sclerosis, cancer and others).

For example, with COVID-19:

90% deaths — people w/
pre-existing conditions

10% deaths — COVID alone

Conditions present in adults hospitalized with coronavirus adult patients in US

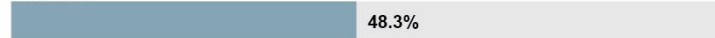
OVERALL, ONE OR MORE UNDERLYING CONDITION



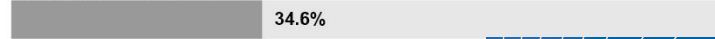
HYPERTENSION



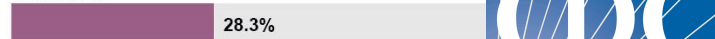
OBESITY



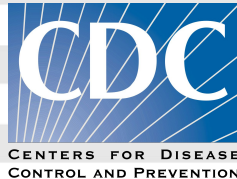
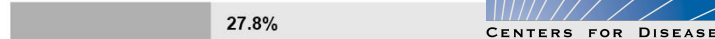
CHRONIC LUNG DISEASE



DIABETES

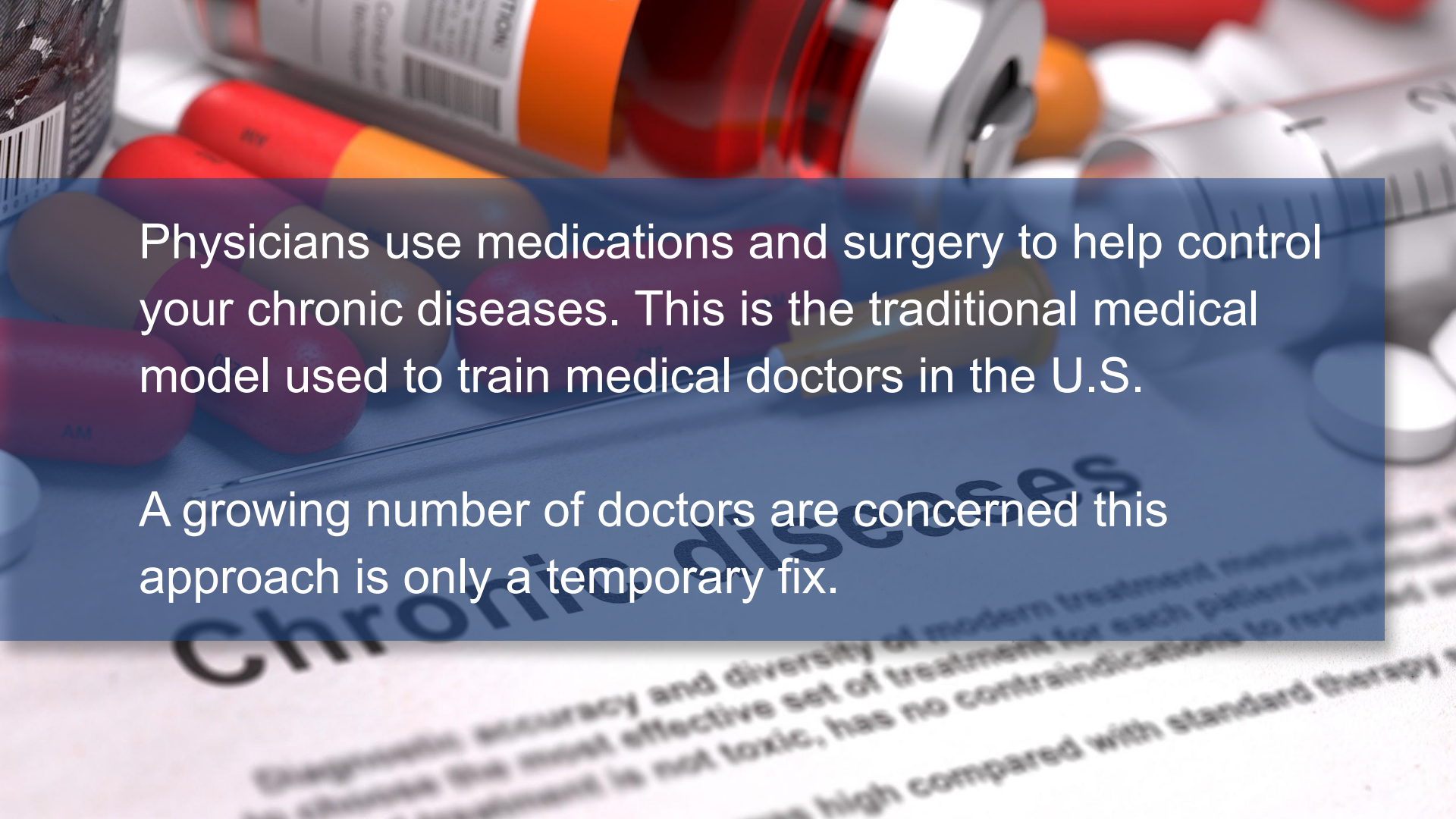


CARDIOVASCULAR DISEASE





Chronic disease affects how you feel and can be very distracting your work and home life.

A collection of medical supplies including pills, capsules, a syringe, and a pen on a blue surface with the text "Chronic diseases".

Physicians use medications and surgery to help control your chronic diseases. This is the traditional medical model used to train medical doctors in the U.S.

A growing number of doctors are concerned this approach is only a temporary fix.

Chronic diseases are reversible.

Research confirmed over 40 years ago that heart disease is reversible. People replaced what they ate with more fruits, vegetables and fiber. Significant artery improvement was noted within weeks.
(pre- and post-MRI)

The same improvement is shown with diabetes, high blood pressure and other “human behavior” diseases - regardless of age.

WHAT TO DO:

RESPECT YOURSELF



Stop and Reverse Your Chronic Disease
by Changing Your Behavior

Research confirms that if you do these four things...

- stop smoking
- exercise more
- eat better
- and avoid becoming obese

You will wipe out 90% of your risk of developing diabetes, heart attack, stroke, and cancer.

And, you will automatically reduce your injuries.

NUTRITION

Affects Your Injury Rate

Looking at your blood chemistry is the easiest way to get a snapshot of your health—inside.

It's as simple as having your blood drawn from a lab and getting a copy of the results.



The lab results tell you how well your organs and immune system are working.

Your blood chemistry is directly influenced by what you eat.

TEST NAME	Value	Unit	Reference Range
WBC	3.8	$10^3/\mu\text{l}$	N: 4.5-10.0
RBC	4.47	$10^6/\mu\text{l}$	N: 25.0-40.0
HGB	14.5	gm%	N: 20-12.0
HCT	42.0	%	N: 10-8.0
MCV	94.1	fL	N: 0-1.0
MCH	32.5	pg	
MCHC	34.5	%	
RDW	14.6	%	
PLT	217	$10^3/\mu\text{l}$	
PLT Smear			
NE%	63.1	%	
LY%	17.0	%	
MO%	12.7	%	
EO%	3.1	%	
BA%	4.1	%	
Other			
Normochromia	NO		
Normocytosis	Yes		



For example, your blood's Vitamin C level is a good marker to show if you are eating whole fruits and vegetables.

Your blood's Vitamin D level is a good marker to show if your immune system is working.

Nutrition has a significant impact on your immune system because it directly affects your gut function.

According to research, both blood chemistry and immune systems improve faster through nutrition, than with exercise alone.

The natural bacteria in your gut (immune system) are designed to digest (eat) fiber.

- Beans (all varieties),
- cruciferous vegetables (broccoli, kale, cauliflower, cabbage, brussels sprouts),
- and a variety of whole, fresh fruits and vegetables.

It's well documented people living in countries with no chronic disease including cancer eat high fiber foods and have daily bowel movements.

Human migration studies show when people move to the U.S. they have more chronic disease due to the low fiber foods they eat in America.

Going Forward,
Be Aware that...

The FDA regulates food labels however, there are loopholes in the regulations that make it tricky to understand them.

Fresh fruits and vegetables don't require a food label. Nor does beans, peas, lentils and other plants that have a ton of natural fiber in them.



There's a global concern about the use of antibiotics and how it affects our gut (immune system) and overall health.

The World Health Organization is concerned with the “overuse” of antibiotics.

The FDA estimates that 80% of antibiotics are used in the meat industry.

WHAT TO DO:

KNOW YOUR BLOOD CHEMISTRY

Including your Vitamin C and Vitamin D levels

EAT HIGH FIBER / FRESH WHOLE FOODS WITHOUT TRICKY LABELS

Fruits, Vegetables, Fiber (beans, lentils, chickpeas, oats, etc.)

Improve Your Immune System

EXERCISE

Affects Your Injury Rate

Exercise improves your mental and physical being.

A ton of research backs this up.



Exercise gives you an edge because it produces more immune cells.



Exercise gives you the edge because it lowers your stress hormone levels, making you more calm.



Exercise gives you the edge
because you sleep better.

Exercise gives you the edge because you are in a better mood.



You're an Athlete

Your work is your 'playing field.'

Like the pros, work out, eat right,
and practice using correct form
to stay in the game.



BE A STRONGER YOU

Take the Quiz, it's Fun!

Click the button and get your results!