

NC State University

WORKWELL PROGRAM

Warm up. Execute safe movements. Lift with your legs. Listen to your body.

NC State University understands your safety and well-being is important both at home and on the job. The NC State **WORKWELL** program prepares your mind and body for the challenges of your day.

Benefits of the WORKWELL Program

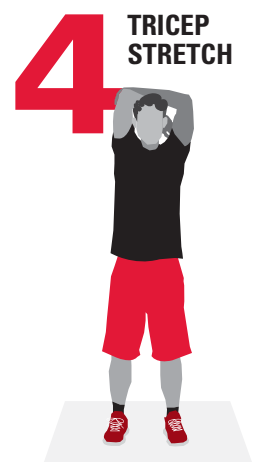
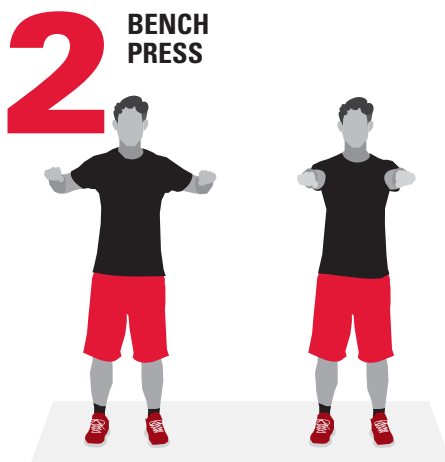
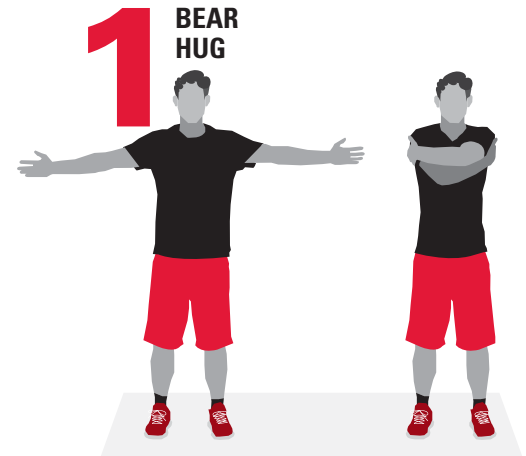
The NC State University **WORKWELL** program helps lower risk of injury by proactively warming up your body, providing opportunities to improve stabilization and coordination. Daily stretching and movement programs can reduce the risk of musculoskeletal disorders and better prepare you for your daily routine.



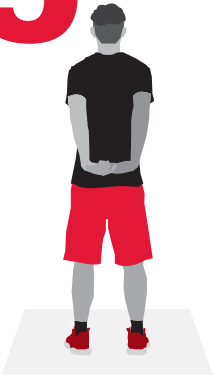
Complete each stretch for 15-30 seconds.

How the WORKWELL Program Reduces Risk of Injury

- Reduces and relieves stress on joints
- Increases blood supply to joints and limbs throughout the body
- Improves range of motion
- Reduce the risk of muscle imbalances
- Improves posture
- Improves coordination



5 SHOULDER STRETCH



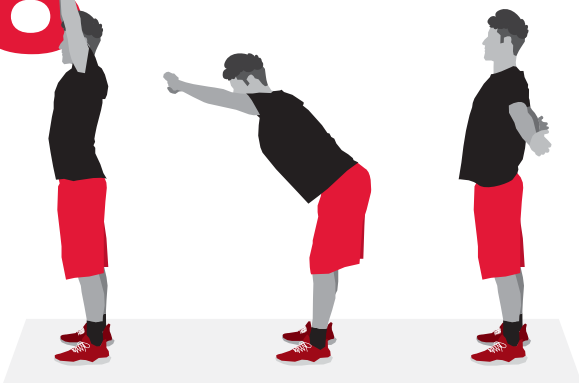
6 SIDE TWIST



7 SIDE BENDS



8 FULL UPPER BODY



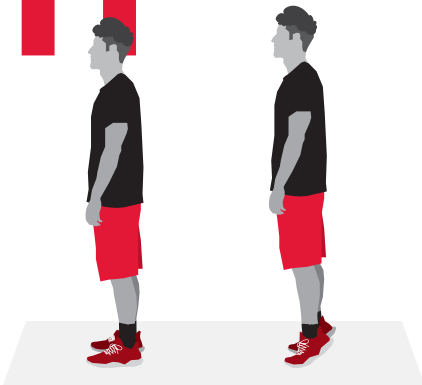
9 HAMSTRING STRETCH



10 QUAD STRETCH



11 HEEL RAISE



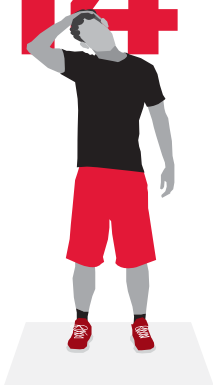
12 BALANCE



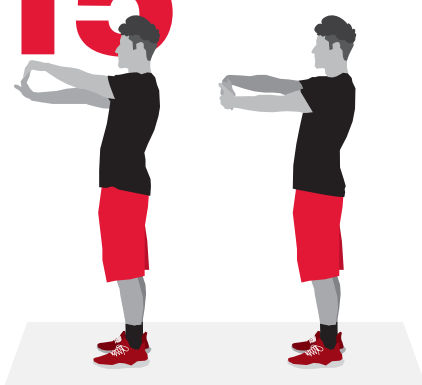
13 SQUAT



14 NECK STRETCH



15 WRIST/FOREARM STRETCH



The NC State **WORKWELL** program is not a medically supervised program and is not a replacement for professional healthcare assistance. Participation in the program is voluntary. Anyone with physical limitations should consult with their medical provider and only participate in movements that are within their capabilities. Anyone currently treating an injury should consult with their medical provider and only participate in movements that will not negatively impact recovery.