

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

DRINK WATER TO LUBRICATE MUSCLES & JOINTS



Ellen



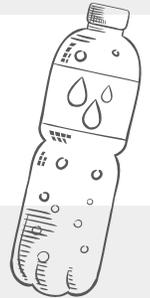
Water transports essential vitamins and minerals throughout your body, improves circulation and helps reduce recovery times after strenuous activity. Dehydration causes your body to lose strength and energy, affects brain function and can cause waste to accumulate in your muscles.



– Ellen Wyss, COTA, CEAS
Industrial Injury Prevention Specialist

1

DRINK WATER THROUGHOUT THE DAY TO FLUSH OUT TOXINS THAT CAUSE INFLAMMATION.



2

EAT FRUITS AND VEGETABLES WITH HIGH WATER CONTENT TO SUPPLEMENT FLUID INTAKE.



3

ON HOT/HUMID DAYS AND AFTER EXERTION, REPLACE MINERALS LOST TO SWEATING.



4

ASK YOUR DOCTOR HOW MUCH WATER YOU SHOULD DRINK; RECOMMENDATIONS VARY.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. *Be Your Best Self!* is our periodic wellness, injury prevention and management tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com