Loss Control
A Keenan Solution

Take 5

STAYING FIT & STRETCHING – APRIL 2019

Workout Regularly

No exercise program is going to work properly unless it's done regularly. About half an hour three or four time a week is the minimum commitment. Once you make exercise a habit, you may find your body craves it.

Many Benefits

In addition to the physical benefits, regular exercise helps to promote mental and emotional health.

Among these reasons:

- ✓ It's a fatigue fighter, helping you to focus on your job and daily activities.
- ✓ It helps reduce stress.
- ✓ It helps you keep on your toes. Physical exertion helps you keep alert.
- ✓ It helps you beat the "blahs."

A little exercise can put you in a mood to finish the day with enthusiasm. It helps you avoid those dangerous slump periods and keeps you feeling positive about yourself and your job.

STRETCHING

Stretching before and during work can help you avoid muscle strains and other injuries. Stretches should include back, neck, arms, fingers and legs. If you have any pre-existing conditions you should contact your Physician before doing any stretches. If you are interested in stretching exercise information please contact your Loss Control Consultant.

It only takes a minute to make a safe choice.
It takes a lot longer to recover from an unsafe one.

Keenan's loss control services promote safety awareness, and assist in the identification of conditions which may pose a risk of injury. We do not suggest that following our recommendations will eliminate all risk of injury or will result in improved loss experience.

Innovative Solutions. Enduring Principles.

Keenan & Associates