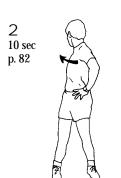
ON THE JOB

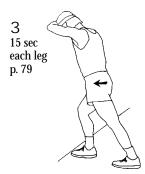
Stretch

- Always stretch and warm up before you exercise
- Do not bounce
- No pain!
- Feel each stretch
- See Stretching Instructions, pp. 77-84

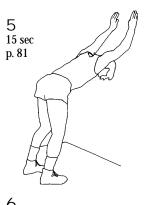




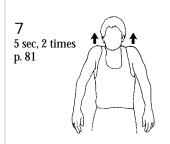


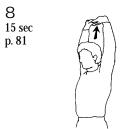


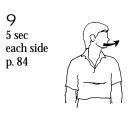


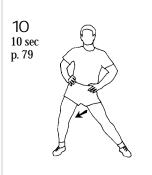








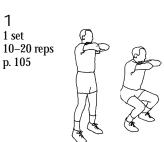


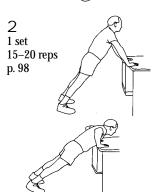


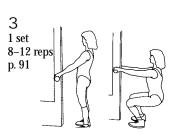
Lift

12 min

- Set = a fixed number of repetitions
- Rep = a repetitionSee Lifting Instructions, pp. 85-108







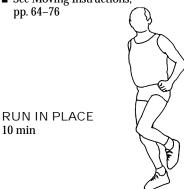


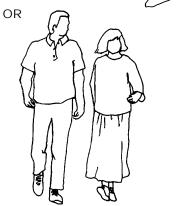


Move

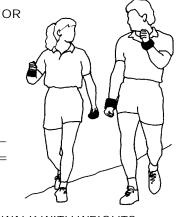
10-20 min

- Do anything that gets your heart rate up
- See Moving Instructions,





WALK DURING LUNCH 20 min



WALK WITH WEIGHTS 15 min

OR

CLIMB STAIRS 3 times a day