



# Working Hard?

## Make sure you give your body a break!

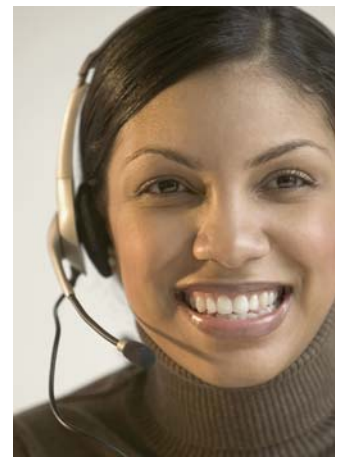
### Did You Know?

If you over-reach, sit, stand or look at a computer screen for long periods of time, you are at risk for back strains and other injuries.

It's important to give your body a break every few hours by stretching your hands, legs, neck, feet, back and even your eyes. These movements are called ergonomic exercises, and they can help you stay healthy and pain free at work.

Try shoulder shrugs, foot rotations, stretching your wrists back and forth and stretching your neck from side to side. These exercises are easy to do and can make a big difference in how your body feels at the end of the work day.

Remember, you can call a [Program Name] Health Coach at [1-000-000-0000] anytime day or night, at no cost to you. Your Health Coach will give you support and information on many health topics including managing back pain, stress or any other health issues you may be facing. You can also visit the Dialog Center<sup>SM</sup> website at [website] and enter "office ergonomics" in the Healthwise<sup>®</sup> Knowledgebase search tool to learn more on how you can stay healthy at work.



[Program Logo  
or Name]

[1-000-000-0000]

[website]