



Health Enhancement Company

"Where company needs and employee needs meet"

Spring Fitness Seasonal Selection

# Spring Into Spring

Before you tackle Spring's challenges...



Put that spring back in your step and Live Injury Free<sup>SM</sup>.

This Physical Assessment program gets you ready for all that Spring has to offer. It brings awareness to the areas of physical weakness that can be the cause of potential injury that results from waking up those hibernating muscle groups.

### **Program Outline:**

Envision a fun "Spring" themed fair with stations highlighting indoor and outdoor activities that will target areas of the body typically subject to injury.

At each station, a Physical Therapist screens for muscle weaknesses that pose a potential for injury. Then a Fitness Professional offers the employee an exercise routine designed to help strengthen the area.

The goal is to help the employees learn how they can be proactive in reducing the risk of injury during the transition from Winter to Spring.

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## Spring Fair (300-500 Participants)

Station	Focus	Assessment	Activity	Fitness Takeaway
<b>Up to the Attic</b>	Learn how to avoid low back pain and injury.	Low back.	Participants compete to climb steps while holding weight-bearing packages.	Abdominal strength.
<b>Runway Saunter</b>	Show how shoes affect your gait.	Ankle strength.	Participants will work a slide board, see just how balanced they really are and just how smart they think their footwear is.	Building arch and ankle strength.
<b>Weekend Warrior</b>	Avoid injury yourself while playing this spring.	Core strength.	Golf or Tennis swing competition.	Using Pilates based exercises to build core strength.
<b>Spring Cleaning</b>	Learn how your posture and motion can cause neck and shoulder pain when doing household chores.	Range of motion neck and shoulder.	Employees will take part in a painting party where painting of a wall or ceiling is simulated.	How to loosen the neck and shoulders using manual manipulation.
<b>Shop till you Drop</b>	Learn how shopping bag weight can injure your hips and shoulders. (Added feature: Healthy Snack tasting.)	Demonstration of how weight bearing manifests itself into those painful hips and shoulders at night.	Employees will hold shopping bags while another employee continues to add spring fashions (weights) until they drop.	Proper weight bearing stance and knowing how much weight your body can handle.
<b>Bee Aware</b>	Pollen-induced Asthma symptoms, how the changing season affects your breathing.	Peak Flow, just how much breath do you have.	Respiratory Screening	Respiratory therapist will be on hand to discuss ways to help manage asthma symptoms this spring.
<b>Weeding through the Weeds</b>	Bending, kneeling and other prolonged gardening activities can aggravate arthritis and other knee injuries.	Knee and Quad strength.	Employees will discover ways to strengthen knees while doing tasks to minimize symptoms.	Orthopedic Doc will be on hand to discuss the risks based on your assessment of knee and quad strength.
<b>The Big Bang Theory</b>	Are you at risk for a Heart Attack while tackling weekend activities?	Blood Pressure and Aerobic fitness level.	Screening	Massage points to lower blood pressure and fun aerobic exercise program that will keep you fit this season.

In addition to these information and activity stations, HEC provides additional medical lectures and nutrition information which can be purchased separately, for example:

***The Importance of Ankle and Foot Strength in Avoiding Treacherous Falls***

***The Anatomy of the Joint: Factors that Impact Range of Motion***

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Health Enhancement Company is your Health and Wellness ROI Multiplier

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Contact Us for information on how you can help your employees live and work injury free.