Self Care Ergo 3: Warm Ups

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Ergonomics is about fitting your job to you so that you don't get injured. But some jobs require a lot of stress, strain or awkward postures. If you think of it, a lot of sports could be classified as ergonomic nightmares!

But in most organized sports, the first thing everyone does is warm-up, then a few drills and then they play the game. Have you ever asked yourself why you or your kids do these activities in this order?

Warm-ups are a great way to get the blood flowing and remind our body that it is time to get moving.

Doing exercises, drills or movement patterns specific to your sport or work (example squats) are a great way to remind your body how to move safely.

Is your body work ready or are you skating on thin ice?