

# 2019 April Ergonomics

## Improve Your Musculoskeletal Health Through Mindful Movements

How you move throughout your daily life can affect your health. The way your bones, muscles, joints and connective tissue interact with each other all play a significant role in things like your posture and susceptibility to injury. As you go about your tasks, your body is constantly adjusting and your musculoskeletal system can come under greater stress and load if you haven't developed the necessary capacity in your tissues. Small improper movements and positions add up over time leading to pain and can make you more prone to injury.

Becoming aware of your body through activities, like yoga, is a good way to begin improving your musculoskeletal health. Yoga, as a form of exercise, involves the mind and body. Yoga combines slow movements, stretches, and poses with breathing, mental focus, and relaxation. Focusing on body awareness and mindfulness can help you learn to feel what is stiff, tight or unstable and what you should spend more time focusing on. By regularly practicing yoga, you may find that your balance and stability increase, giving you more confidence in your posture and daily movements.

Focus on improving your musculoskeletal health this month by practicing the simple yoga poses on the back.

Source: NIH.gov



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## 4 Mindful Yoga Poses

Source: WebMD.com

### Mountain

Stand with your heels slightly apart and your big toes touching. Keep your arms by your sides.

Pull your shoulder blades down and widen your collar bones.

Head should be in line with your shoulders and chin parallel to the ground. Keep your back neutral and relaxed.

Hold for 30 seconds - 1 minute.



### Child's Pose

Start on all fours. Breathe in and out.

Move your hands slightly forward and move your buttocks back towards your heels about half way.

Bend your head down and relax your neck.

Then bring your buttock down to rest on your heels. Breathe normally and feel the stretch.

Hold for 30 seconds - 1 minute.



### Downward Facing Dog

Start on all fours.

Exhale and straighten your legs, letting your heels lift off the floor.

Then lift your buttocks as high as possible and slowly push your heels to the ground.

Straighten your arms and relax your head.

Hold for 1 - 3 minutes.



### Upward Facing Dog

Lie down on your stomach with your legs straight and the tops of your feet against the floor.

Place your hands palm down on the floor next to your waist and press to lift your torso.

Pull your belly in to tighten your abs and lift your chest slightly toward the ceiling.

Hold for 15 - 30 seconds.



Learn more about the research and science of yoga by watching this [video](#).  
Stretching is very important to staying active. Try these [basic stretches](#).  
Improve your posture for better health. Read more about posture [here](#).