

# SEPTEMBER

## - ARM AND WRISTS

In our modern work life, we spend many hours at our computers, but it is essential to remember that our health is our most valuable asset. By taking small steps, we can protect ourselves from pain and discomfort in our arms and wrists, whether you work in an office, a production environment, or something completely different.

Take responsibility for your own health and create a pain-free future where you can fully unleash your potential!

*Reduce the risk of arm and wrist pain! With just a few changes in your daily routine.*

### **Reduce the pain or the risk of pain in arms and wrists - by following these advices.**

- 1** Breaks: You've probably heard it before, but it's still important when it comes to pain in arms and wrists. Stand up, stretch your arms and wrists, and feel the refreshing sensation of movement. With simple stretching exercises, you can prevent pain and tension from taking over.
- 2** Work Positions: The next position is the best position. Try working standing for periods. Breaking the monotony and repetitive movements will not only spare your wrists and arms, but it will also give you an energy boost of productivity.
- 3** Exercise: Don't let pain control your life. Take an active part in your own health by strengthening your arms and wrists through exercise. These exercises will not only protect you from injuries but also give you a sense of well-being in your body.
- 4** Reduce stress: Remember, the body and mind are connected. By reducing stress, you will reduce the pain. Find time to relax and do things that make you happy. Your body will reward you with less pain and more well-being.

Try these steps towards a healthier and pain-free work life.  
Your body will thank you, and you will discover that a small effort can lead to significant changes.  
Start today and feel the incredible difference in your body and mind!