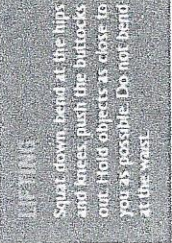
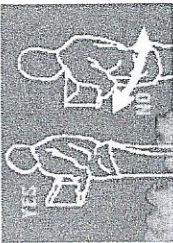


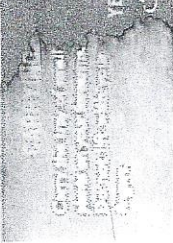
**BENDING**  
Avoid excessive bending and reaching at the waist. Keep the work at a comfortable height so things are above the hip and below the shoulder level.



**LIFTING**  
Squat down, bend at the hips and knees, push the buttocks out. Hold objects as close to you as possible. Do not bend at the waist.



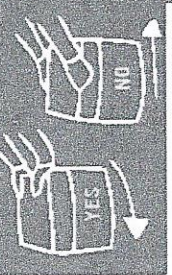
**TURNING**  
Rotate your whole body, with your toes pointing towards the direction of movement. Do not twist your back.



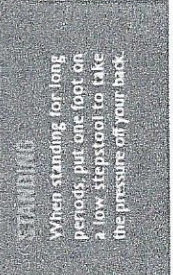
**USING TOOLS**  
Always use your hands towards your thumb, never towards your little finger.



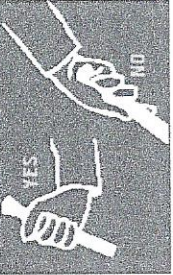
**HOLDING**  
Hold with thumbs up, wrist straight.



**PUSH VS. PULL**  
Whenever possible, push rather than pull.



**STANDING**  
When standing for long periods, put one foot on a low step stool to take the pressure off your back.



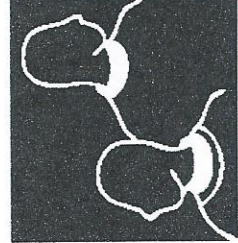
# SIGN UP NOW and PUT LIFE BACK INTO YOUR LIFE.

**LIVING WELL WITH CHRONIC CONDITIONS**  
Join a 7-12 hour Living Well workshop held each week for six weeks.  
Learn from trained volunteer leaders with health conditions themselves.  
Set your own goals and make a step-by-step plan to improve your health—and your life.



*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*

To sign up or find out more information about Living Well with Chronic Conditions workshops in Wisconsin, call the Arthritis Foundation Wisconsin Chapter information and referral at 1.800.242.9945 or visit [www.WisconsinArthritisProgram.org](http://www.WisconsinArthritisProgram.org)  
Coaching for Better Living is a publication of the Wisconsin Arthritis Program and is a creation published for Greater South All Right Base, Inc. by Linda Dugan, Ph.D., M.Ed., M.S., and Karl G. Olson.



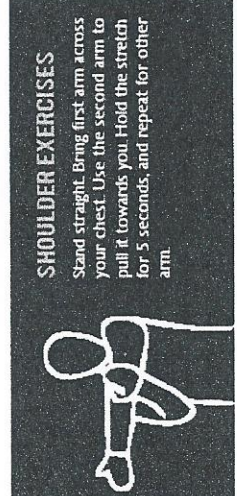
**NECK EXERCISES**  
Turn your head to the right as far as you can for 5 seconds. Then, turn your head to the left as far as you can and hold for 5 seconds. Repeat 5 times.



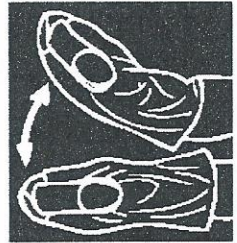
**TRUNK ROTATION**  
Sit in chair with feet on the floor. Clasp hands together in front of you with arms at shoulder level. Rotate your upper body as far to the right as possible, and hold for 5 seconds. Return to center and repeat exercise for the left side. Repeat 5 times.



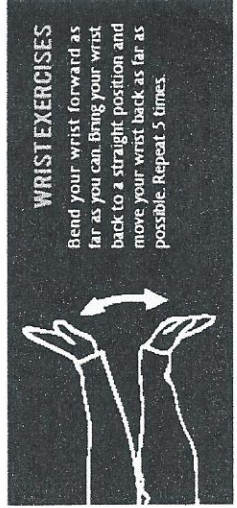
**HIP/KNEE STRETCH**  
Stand straight; bend one knee, holding your ankle or foot. Pull the heel towards your hip till the stretch is felt in the thigh and hold for 4 seconds. Repeat for the other knee.



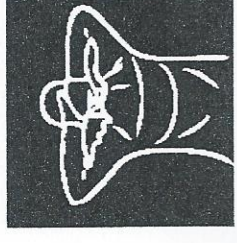
**SHOULDER EXERCISES**  
Stand straight. Bring first arm across your chest. Use the second arm to pull it towards you. Hold the stretch for 5 seconds, and repeat for other arm.



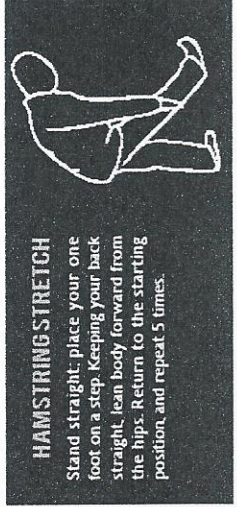
**SIDE BEND**  
Grasp your hands above your head and bend slowly to the left, down towards the ground, hold for 5 seconds, repeat on the opposite side.



**WRIST EXERCISES**  
Bend your wrist forward as far as you can. Bring your wrist back to a straight position and move your wrist back as far as possible. Repeat 5 times.



**SHOULDER EXERCISES**  
Stand straight. Clasp hands behind head, and stretch arms back. Hold for 5 seconds, and repeat.

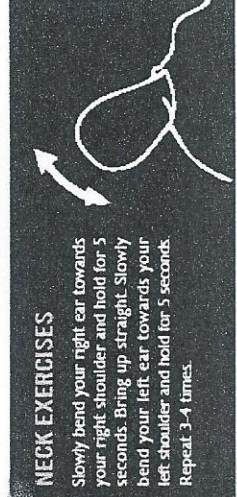


**HAMSTRING STRETCH**  
Stand straight; place your one foot on a step. Keeping your back straight, lean body forward from the hips. Return to the starting position, and repeat 5 times.



**HANDEXERCISES**  
Relax your hands first. Hold your hand up; now smoothly bend the end and middle joints of your fingers down, keeping wrist and knuckles straight. Return to the starting position, and repeat 5 times.

The Wisconsin Arthritis Program is one of the Wisconsin Division of Public Health's chronic disease prevention programs. The program provides statewide leadership for arthritis prevention, control and management as part of our ongoing efforts to support community-based interventions that have been proven effective in reducing arthritis pain, disability and costs, we are introducing this set of Gardening Exercises and Body Mechanics. Proper stretching and tool use is essential before venturing into your summer garden! Please consult with your healthcare provider about any questions regarding your ability to participate in these activities. For more info on the Wisconsin Arthritis Program, visit [WisconsinArthritisProgram.org](http://WisconsinArthritisProgram.org)



**NECK EXERCISES**  
Slowly bend your right ear towards your right shoulder and hold for 5 seconds. Bring up straight. Slowly bend your left ear towards your left shoulder and hold for 5 seconds. Repeat 3-4 times.