

October's Piles of Activity!

Get a good workout raking leaves this fall!

Warm up

As you would with any other activity, warm up your muscles with stretches or a walk around the yard before you begin raking.

Equipment

Use a rake with a bent handle. This will help you stand up as straight as possible when raking.

Posture

Be careful not to twist your spine. Move your whole body (like a swiveling chair). Move your feet from side to side instead of stretching and straining to get to leaves that are out of reach.

Hydrate

Although the air is cool, you are still sweating. Wear layers and don't forget to take frequent water breaks. Keep a bottle of water outside with you.

Bagging

Kneel on one knee when filling bags to help reduce lower back strain. Use smaller leaf bags that are not as heavy to pick up when full. Lift with your legs, not with your back.

Burn Calories

On average, a 150 lb. person burns 94 calories while raking leaves for 20 minutes. This is equivalent to brisk walking or social dancing!

Contact your EAP Coordinator



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