



SmartFHR Newsletter



Health and Fitness: Proper Body Mechanics

Body mechanics is the way you move and go about your daily activities. Learning proper body mechanics can help reduce injury, muscle fatigue, and limit wear and tear on your body. Good body mechanics often involves proper posture and technique; so implement the following maneuvers:

Standing or Walking: Keep your ear, shoulder, hip, and ankle in a line. Avoid locking your knees when standing.

Lifting Objects: Stand with one foot slightly in front of the other, keep your back straight, and bend from your hips and knees, not your waist. Lift objects using your arm and leg muscles and hold the object close to your body at waist level.

Sitting: Avoid sitting in one position for more than an hour at a time; get up or change positions often. Adjust your computer monitor to be at eye level and consider using a headset if you are on the phone often. Keep work materials within arm's reach if possible and make stretching a priority.

From the Desk of Green Circle Life Health Partners

Stroke is the 5th leading cause of death and disability in the US.

To see the infographic, click on <https://bit.ly/3COBoTC>

Stroke Awareness

Learning to spot a stroke could help save a life: [F.A.S.T. Infographic | American Stroke Association](#)

Learn About the SmartFHR™ App: Lifestyle Coaching/Benefits

Lifestyle coaching through Green Circle Life offers a team of nurse practitioners, registered dietitians, and health coaches that provide one on one coaching at no cost to you. Through lifestyle coaching you will be able to set goals, make positive lifestyle changes, improve your health, and even help manage chronic health conditions. You can set up an appointment through your SmartFHR™ App, or by calling (866) 292-9645.



Healthy Recipe: Chocolate Covered Strawberry Granola

How simple making your own granola is sometimes! Read more at [Chocolate Covered Strawberry Granola - Food & Nutrition Magazine - Stone Soup \(foodandnutrition.org\)](https://www.foodandnutrition.org/recipe/chocolate-covered-strawberry-granola)



Posture

Reduce injury and fatigue by following the tips below:

Read more at [Slide show: Prevent back pain with good posture - Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/ergonomics/in-depth/posture/art-20045683)