



Greenbush Health



Are You an Industrial Athlete?



An Industrial Athlete is anyone who makes their living using their knowledge, skills, and abilities to perform a job that requires a wide variety of physical demands, such as strength, endurance, flexibility, and coordination.

Let's break down the best ways to prepare for a physically demanding role:

- **Understand the job requirements.**

If the job description mentions a requirement to be able to “lift over 50 pounds” or be “on your feet regularly”, be prepared for what that means and how that could affect your body.

- **Exercise.**

Individuals who exercise on a regular basis improve cardiovascular health and build and sustain healthy muscles, making them more likely to avoid on-the-job injuries.

- **Get a physical exam.**

In most cases, this may already be a job requirement, but it is very important to check all vitals to ensure you're physically ready for the job. Your doctor can provide suggestions if there are any areas for improvement.

- **Sleep Well.**

Fatigue can drastically affect your work performance, creating unsafe conditions for you and/or anyone around you. Studies show that individuals should strive for 7-8 hours of sleep per night to obtain peak performance at work.

- **Eat right and stay hydrated.**

An individual who performs hard physical work on a regular basis is directly affected by what he/she eats. Strength and energy go hand in hand with the kind of food that is put into your body. Eating right includes consuming healthy carbohydrates (brown rice, whole grain pasta, beans, etc.) and protein (salmon, grass-fed beef and chicken) while managing caloric intake. Don't forget the importance of drinking water!

- **Limit alcohol.**

Alcohol has direct effects on fogginess, irritability, dehydration, and fatigue. Reduce alcohol consumption, especially during the work week.

Sources:
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