

## Musculoskeletal & Posture Month: May 2022

Your musculoskeletal system includes bones, muscles, tendons, ligaments and soft tissues. They work together to support your body's weight and help you move. Injuries, disease and aging can cause pain, stiffness and other problems with movement and function. You can keep your musculoskeletal system strong by managing your overall health (Cleveland Clinic, 2022).

### Exercise Regularly:

- Be sure to include a combination of weight-bearing exercises and cardiovascular activity. Strengthening your muscles can support your joints and protect them from damage.

### Get Plenty of Sleep:

- Sleep allows your bones and muscles to recover and rebuild.

### Maintain a Healthy Weight:

- Extra pounds put pressure on your bones and joints, causing a range of health problems. If you carry extra weight, talk to your provider about a healthy weight-loss plan.

### Be Mindful of Your Posture:

- Maintain good posture at the workplace and during everyday activities, like watching television, washing dishes, or walking

### Quit Smoking and Avoid Tobacco:

- Smoking decreases blood flow throughout your body. Your bones, muscles and soft tissues need adequate blood flow to stay healthy.

### Have regular checkups and age-appropriate health screenings

- If you're over 65, talk to your provider about getting bone density tests.
- [Find more information regarding bone density tests here.](#)



# THRIVE

WELLNESS PROGRAM

## Helpful Resources

- Cleveland Clinic: [Musculoskeletal System](#)
- CDC: [How to Prevent Musculoskeletal Disorders](#)
- WHO: [Musculoskeletal Conditions](#)
- Human Resources: [Wellness Webinar Collection](#)

## Contact Information

- Health Advocate
  - (866) 799-2728
  - [www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- Human Resources Thrive Wellness Program
  - (310) 506-4397
  - [community.pepperdine.edu/hr/wellness](http://community.pepperdine.edu/hr/wellness)