

# STRENGTHEN

*your* **MUSCULOSKELETAL** *system*

## What is Musculoskeletal Health?

It is the absence of disease or illness within all parts of the muscles, tendons, ligaments, bone and joints, and associated tissues that move the body and help us maintain our structure and form. While some musculoskeletal conditions can't be avoided, some lifestyle factors can help reduce your risk. One thing that can reduce your risk is getting enough physical activity.

### Try 3 of these High-Impact or Low-impact exercises 7 days in a row

#### HIGH IMPACT

Dancing  
Hiking  
Jogging/Running  
Jump Rope  
Stair Climbing  
Tennis  
Any high impact sport/workout of choice

#### LOW IMPACT

Elliptical Machines  
Stair-step machines  
Walking (treadmill/outside)  
Any other low impact workout of choice

#### 7-DAY ROUTINE:

	DATE	ACTIVITY
1		
2		
3		
4		
5		
6		
7		

Submit your skill builder to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by November 10 for a chance to receive a prize.

Name: \_\_\_\_\_  
Wellness Ambassador \_\_\_\_\_ Email: \_\_\_\_\_

