

# HEALTHY CHORES

Top tips for making household chores more comfortable.

## PLAN

Prioritize your tasks and time to prevent feeling rushed or stressed.

## PREPARE

Warm up your muscles before starting with some light activity, like walking.

## BREAK

Change positions frequently and take regular microbreaks from sustained positions at counters or other workstations.

## EQUIP YOURSELF

Use the right tools for the job. Consider long-handled tools like dusters and grabbers to comfortably extend your reach.

## LIFT SMART

Bend your knees and lift with your legs when picking up heavy objects. Imagine that you've glued a fluorescent light tube to your spine, then try not to break it.

## GET UP

Use stools or step ladders to avoid bending and reaching high places.

## LOOSEN UP

Stretch your muscles after completing tasks.

## CONNECT

Ask for help with tasks that are too heavy, difficult, or painful.



And remember to consult your chiropractor if you have pain that keeps you from working comfortably at full capacity.