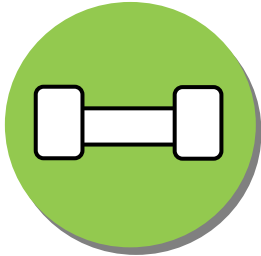


# INVEST IN YOUR WELLNESS:

## REDUCE BACK PAIN



**Strengthen your core.** A strong core can help support your back. Some helpful exercises are the bird dog, plank, windshield wipers and back bow pulls. Watch videos online to learn proper form if you're unfamiliar with these exercises.

**Stretch your muscles.** Staying flexible is important. Make a habit of stretching your body for five minutes a day. Or, give yoga a try!



**Reduce stress.** Stress causes your muscles to tighten. Make an effort to reduce stress and relieve the tension building up in your body. Try deep breathing, journaling, exercising or talking with a friend.

**Check out Virgin Pulse,** a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses or partners. Virgin Pulse can help you maintain healthy habits that can, ultimately, contribute to positive pain management. Navigate to the Programs tab and then try "Yoga 101" in Whil or "Strengthen Your Core" in Journeys.



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If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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