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Your Health and Work

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Your HEALTH and Work

EXTENSION SERVICE

South Dakota State College

EXTENSION CIRCULAR 405

JANUARY 1944

By K. LORETTE NELSON, Home Management Specialist

The health of each member of your family is important to all of the family, to the community and to the nation. We must be physically and mentally fit to be able to work efficiently and enthusiastically and enjoy living. This requires effort and self-discipline on the part of each family member.

Keep Fit

To keep fit, you should try to do the things that help build and keep up good health.

Physically

Eat the right kind and amount of food.

Have enough sleep and rest, fresh air and sunshine.

Have some fun and recreation, part of it out of doors.

Maintain good posture.

Exercise regularly.

Relax at mealtime.

Mentally

Learn to know your good points and develop them.

Make plans for the future but don't worry about it.

Enjoy life; be alert and interested.

Face the facts and master them.

Be proud of your work.

SAVE YOUR ENERGY

Good working posture helps you save energy. Learn the best posture for each task. You will save energy, cut down fatigue and work more efficiently.

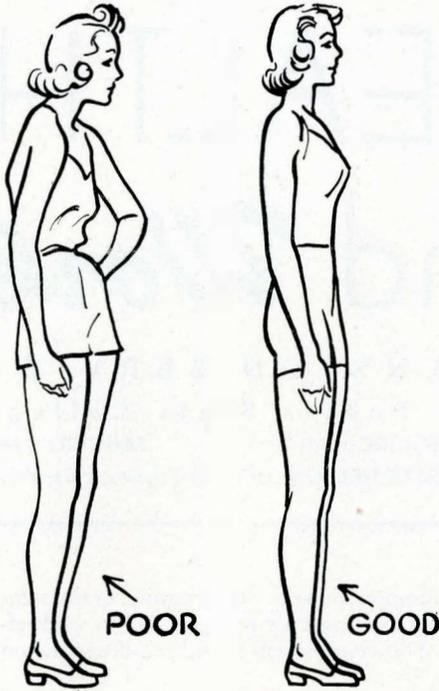
LYING
takes least
energy

SITTING
takes 4 x energy
of lying

STANDING
takes 12 x energy
of lying

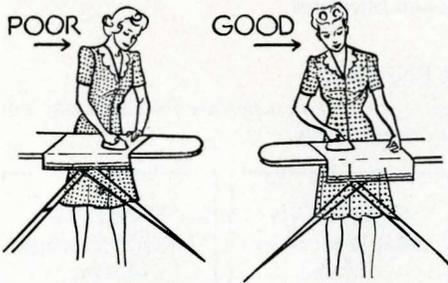
BENDING
takes 55 x energy
of lying

Apply these facts to daily and weekly tasks. Change tasks to give body muscles a rest. Sit for as many household jobs as you can and alternate sitting with standing.



HOW TO STAND. Practice these suggestions on how to stand until good posture becomes a habit.

1. Stand tall.
2. Hold chin level.
3. Pull abdomen in and up.
4. Hold chest high.
5. Relax shoulders.
6. Keep spine straight.
7. Keep buttocks flat.
8. Point toes straight ahead, feet parallel, weight evenly distributed on both feet.



IRONING POSTURE. Stand erect with your weight on both feet when ironing, washing dishes or cooking. You will save energy and be less tired.

GOOD POSTURE

Do you realize the importance of good posture? Good posture adds beauty and poise but more important, it has a marked effect on your health. A slouched, stooped posture is not only unsightly but it cramps your internal organs and interferes with their functioning.



HOW TO CARRY. Poor and good ways to carry an object are shown in the figure above. In carrying a load of any kind, keep your body erect and be sure your shoulders are straight. Divide the weight of the load evenly, if possible, or alternate it from left arm to right. Avoid rounded shoulders. Use a cart to do heavy carrying jobs.

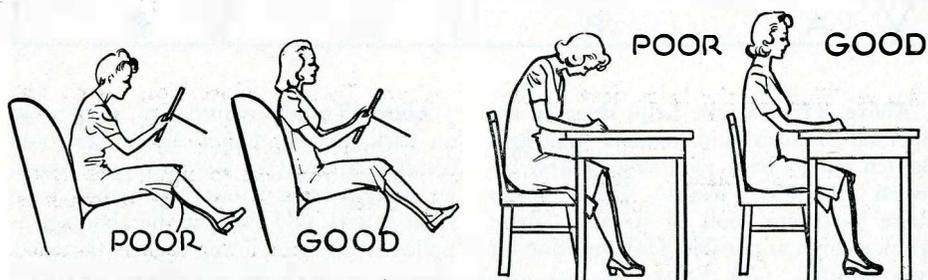
HOW TO CLIMB STAIRS.

Climb stairs the easy way. Start with good posture. Use the muscles of your calf and thigh. Keep your weight over the leg that does the lifting. Bend only one knee at a time, the one that should support your weight. Keep your back straight and your head up. Don't sway.



HOW TO SIT

You will improve your sitting posture if you remember these points. The seat should be large enough to support the body. The height of the chair is correct when your feet touch the floor and you do not have to reach up or stoop over to do your work.



WHEN DRIVING A CAR. In driving a car or tractor, sit with your back straight to support the spine and keep the abdominal muscles tightened. Adjust the seat so you need not stretch to reach the foot pedals.

AT THE WORK TABLE. Sit with your spine erect and your lower back supported by the back of the chair. Lean forward by bending from your hips. Keep feet on the floor or crossed at the ankle.



HOW TO LIFT. The figure above shows the poor and good ways to lift. It is better to make more trips with lighter loads than for you to lift too heavy loads. Here are some suggestions to use when lifting objects from the ground.

1. Place your feet close to the object. Bend ankle and keep weight on the ball of your foot.

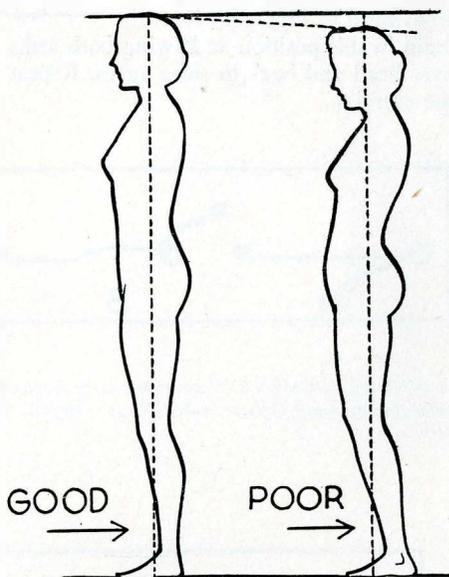
2. Bend your knees to put strain on leg muscles instead of abdomen.

3. Pull your abdomen in to avoid abdominal strain.

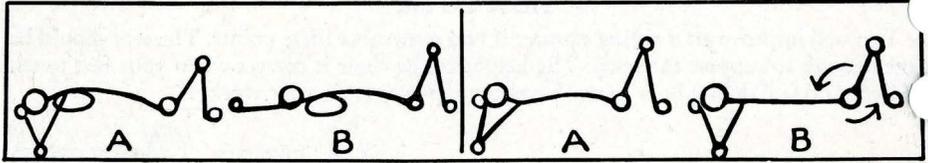
4. Keep your shoulders, back and spine as straight as possible.

5. Lift upward slowly and safely by straightening knees and standing erect. This position uses leg muscles rather than the back.

The bent knee position is useful in weeding the garden, dusting furniture, looking in a low oven or storing articles in low cupboards.



TEST YOUR POSTURE. To test your posture, suspend a weighted cord from the side of your head. The line should go through the middle of the ear, neck, shoulder, hip and knee and just in front of the ankle. Observe your posture in a mirror. Test the straightness of your posture occasionally against a wall.



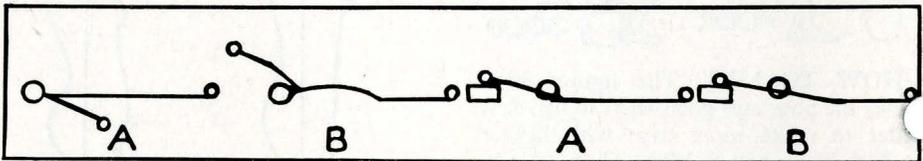
Above. This exercise helps draw in abdominal muscles and reduces waistline. Stretch out on back with small pillow between shoulder blades. Bend knees. Raise chest and pull in stomach. Raise trunk as high as possible. Hold position for two minutes. (A) Relax. Stretch left arm above head, then right. (B) Repeat.

Below. This exercise strengthens the back. Lie flat on back, arms at sides. (A) Poise the trunk of the body by pressing the head down and arching the back from head to hips. (B) Remain in this position and swing both arms over head and back to sides again. Repeat the exercise.

Poor posture can be improved through exercise unless it is caused by a physical defect. A few minutes of exercise daily will work wonders.

Above. To help reduce hips, stretch out on back, placing hands under head and bending knees. (A) Rotate hips in circular motion from left to right, then from right to left. (B) Be sure the abdomen is pulled in and the lower back is flattened. Relax and repeat this exercise several times.

Below. To strengthen the back and shoulder muscles, lie flat on back. Place a book on the floor at arms length from head. (A) Raise both arms so the wrists rest on the book. Press down on book with hands and lift head and trunk as far as possible. (B) Relax and repeat exercise.



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