**Email blurbs for Ergonomics Campaign**

**Intro email:**Welcome to *Stop and Take an ERGO break!* This email campaign is a fantastic opportunity for you to first, learn the importance of stretching breaks (ergo breaks), and second, fill up your “toolkit” of different stretches for every single part of your body!

**Week 1 Introduction to Ergonomic Stretching**

What is an ergo break? It is a pause or change in activity that allows muscles, joints, and tissues to recover and rest. This can range from stopping what you’re doing and working on something else, to resting your eyes from the computer, to stretching! This first week will provide a general overview to ergonomic stretching. Remember, short breaks are better than none!

**Week 2 Hand and Forearm**

Let’s start with one of the most common muscles that experience repetitive strain injury at an office desk related job – the hand, wrist, and forearm. Give these stretches a try each day, at least once per hour. You can even grab someone in your workplace to do them with you!

**Week 3 Neck**

Do you ever experience neck pain? Do you typically sit in a posture where you neck slants forward, placing your head in front of your shoulders? If you answered yes, you fit into the majority of the population at desk jobs. The levator scapula is a muscle that often becomes tight when you are constantly in this position. Try out these stretches to give your neck some “love” and attention!

**Week 4 Shoulder**

 This week will target the shoulders (deltoid muscles). Some of these are a great way to sneak into your workday because you can do them in your chair! Remember, try to complete an ergo break at least once per hour, or once every half hour if you can.

**Week 5 Back**

Welcome to Week 5 of *Stop and Take an Ergo Break.* Your back is a large area that contains a group of muscles and is crucial for the overall functioning of your body. Make a goal this week to complete at least one kind of back stretch per day, and to complete it once per hour. See if you can incorporate some stretches from the previous week (hand and forearm, neck, shoulder). Do not do any stretches that cause pain.

**Week 6 Thigh**

Now we have reached the lower body. Here, you will learn some stretches for your quadriceps (front thigh), hip flexors (front hip), hamstrings (back thigh), gluteus maximus (buttocks), and IT band (side leg).

**Week 7 Lower Leg**

Last week we stretched the top of our leg, this week we will stretch the lower part of our leg. Specifically, we will focus on our gastrocnemius (calf), soleus (deep calf), plantar fascia (bottom of foot to calf), and our shins and ankles.

**Week 8 Inner and Outer Thigh**

This last week will introduce leg muscles that do not normally get stretched – inner (adductor) and outer thigh (abductor). Although these might be hard to do in your office, find a colleague to do them with you and have fun with them! Don’t worry if you look silly – you’re doing yourself a favour if anything.

**Week 9 Recap**

Now that you’ve filled up your ergo break toolkit, you now have all the resources to do a different stretch each day. Hang all 8 worksheets in a place that you can see them and do them! Don’t forget that stretching can prevent musculoskeletal disorders and give your mind a break so that it can return with more energy and focus.