



## Shoveling Mechanics

- Choose ergonomic shovel
- Keep your back straight – bend at the knees – lift snow
- Keep feet wide and your stance low to enhance strength and support
- Scoop snow and stand up with legs – keep your back straight
- Turn with your feet – do NOT twist your back
- Point feet towards direction you plan to place/throw the snow
- Push snow forward where possible instead of throwing to reduce risk of injury



### Helpful Hints

- 1 Don't lift too much snow
- 2 Take frequent breaks
- 3 Warm-up and stretch before shoveling

## New Year, New You

### 4 ways to improve your health this year

<b>Drink More Water</b> Hydration improves joint mobility and brain performance	<b>Eat Healthy</b> Substitute one of your snacks with a healthy alternative
<b>Walk More</b> Park in the back of the parking-lot or take the stairs	<b>Mental Health</b> Set aside 20-30 minutes a day to do something you enjoy

## Winter Puzzle

What do mountains wear to keep warm?



Where do snowmen put their money?



Where do snowmen go dancing?



1. Snow Cap 2. Snow Bank 3. Snow Ball

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