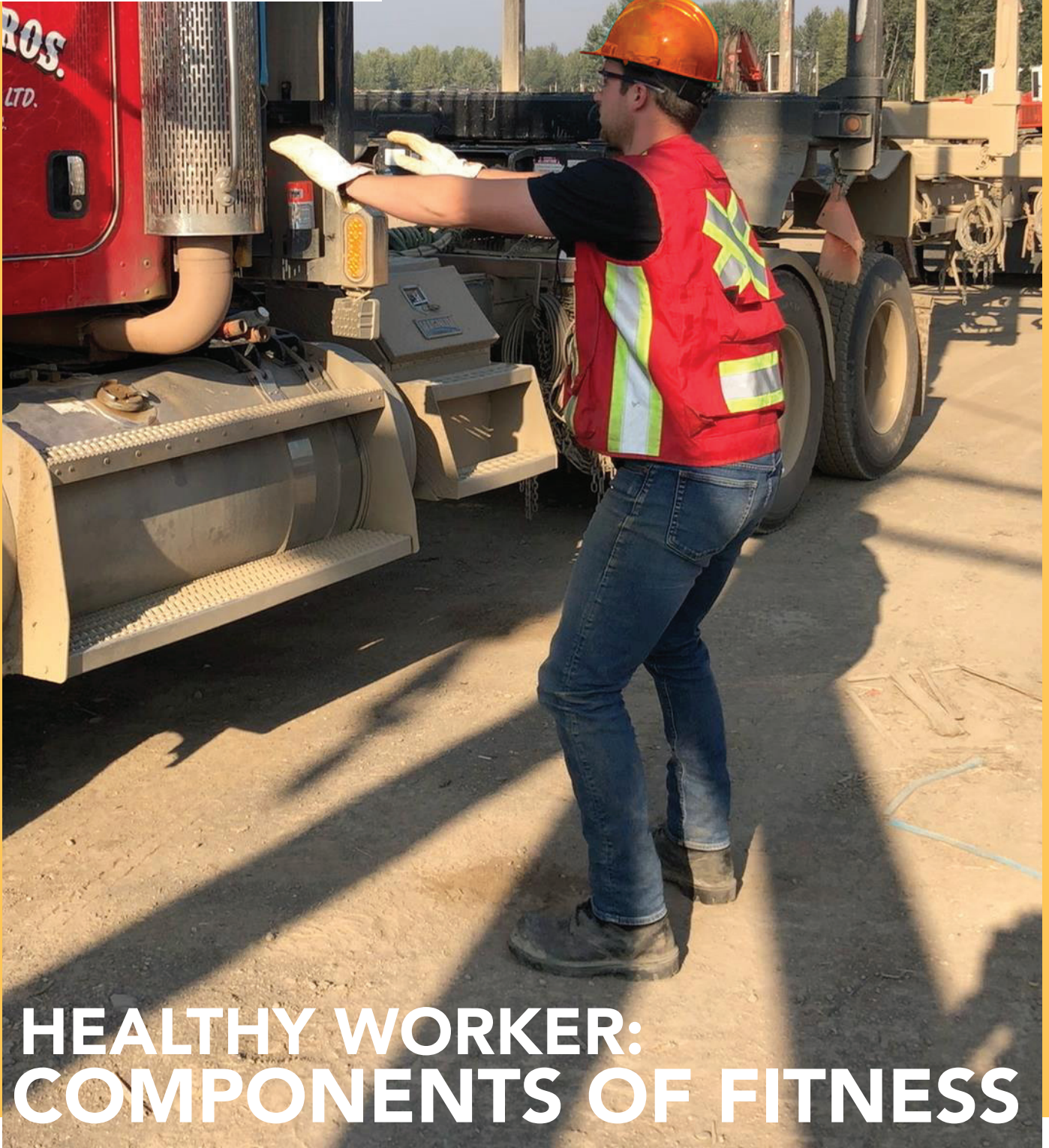




**BC Forest Safety**

Safety is **good** business



# HEALTHY WORKER: COMPONENTS OF FITNESS

# HEALTHY WORKER: COMPONENTS OF FITNESS



DATE: \_\_\_\_\_ FILE NUMBER: \_\_\_\_\_ DISCUSSION FACILITATED BY: \_\_\_\_\_  
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on the importance of maintaining physical fitness for the healthy worker.

## KEY POINTS:

- Physical activity is the best way to improve health and longevity.
- Most forestry workers find it challenging to maintain their fitness due to long work hours and family responsibilities.
- To reach your fitness goals, stay motivated with an activity you enjoy and share it with family and/or friends.
- To gain benefits from physical activity, aim for a minimum of 2.5 hours per week of moderately vigorous activity.
- Any activity that deepens your breathing and increases your heart rate is good. Include activities that build strength, endurance, agility and flexibility into your weekly routine.
- Activity can be done in small increments of 10 minutes or so

## DISCUSSION LEADS:

- What types of physical activity do people enjoy? Did they play a sport as a kid? What did they like about it?
  - Encourage the conversation towards how much fun people used to have when playing sports and other activities
- What barriers get in the way of participating in regular physical activity?
  - Time, money, being out of shape
- Ask how many people know someone with heart disease, diabetes, cancer or depression?
  - Regular physical activity can reduce your risk of heart disease (15%), diabetes (40-70%), cancer (by 20-40%) and depression (25%)
- Ask for suggestions that could help increase the amount of physical activity in their day.
  - Walk the long way around their truck/machine when doing an inspection, family evening activities based on physical activity, join a sports league, go for a short walk during breaks

## ACTION ITEMS

- Set up a fitness challenge where everyone commits to adding a specified physical activity to their day, three times a week
- Add a five minutes of physical activity to meetings
- Provide incentives for meeting fitness goals

## RESOURCES:

- Healthy Worker Components of Fitness Basic information sheet: [www.bcforestsafesafe.org/node/3435](http://www.bcforestsafesafe.org/node/3435)
- Healthy Worker Components of Fitness Poster: [www.bcforestsafesafe.org/node/3435](http://www.bcforestsafesafe.org/node/3435)
- Guide for Staying Active: [www.bchealthyliving.ca/what-we-do/working-on-wellness/physical-activity/](http://www.bchealthyliving.ca/what-we-do/working-on-wellness/physical-activity/)
- Exercise is Medicine [https://exerciseismedicine.org/as-sets/page\\_documents/8\\_StartingExProgram.pdf](https://exerciseismedicine.org/as-sets/page_documents/8_StartingExProgram.pdf)

**DOCUMENTATION:** I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND UNDERSTAND THAT MAINTAINING PHYSICAL FITNESS IS A CRITICAL PART OF A HEALTHY LIFESTYLE:

PRINT NAME:

SIGNATURE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

