

Free your staff

from the cycle of repetitive stress injuries.

Problem **Carpal Tunnel Repetitive Stress injuries**

RSI's cause as many as 1.8 million injuries per year across the United States, costing industries over \$20 billion in annual revenue.



Solution-Downward Facing Dog:

Strengthens wrists, stretches back of legs that tighten from sitting and eases low back pain.

Injury prevention is at your doorstep with Lakeside Yoga and Fitness.

The average workweek is increasing from 40 to 50 hours, or more, per week. This means that the average employee is assuming more and more responsibilities and dealing with unprecedented challenges. All of this leads to an alarming amount of stress in our lives. Stress impacts our work environment by:

- Reducing productivity and morale
- Increasing injury and turnover
- Raising benefits expenses

Yoga can help!

Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. Yoga at the workplace has become popular in many companies nationwide because of the stress reduction benefits and the low cost of implementation. Unlike other exercise routines, yoga is low impact, improves strength and flexibility, builds concentration, and reduces mental and physical stress and tension. In addition, yoga is known to eradicate fatigue and generate energy, all of which lead to increased productivity and morale. Yoga exercises are simple and can be modified for different skill levels and abilities—perfect for the office environment!

Lakeside Yoga
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A yoga-based regimen is more effective than wrist splinting in relieving some symptoms of carpal tunnel syndrome.

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According to the US Department of Labor, two thirds of reported cases of occupational stress are experienced by white collar workers, and repetitive stress injuries have risen 1000% in the past 14 years. These claims carry with them an estimated average expense exceeding \$14,000 per company.

