

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is a dark blue oval with a white border. Inside the oval, the word "Apollo" is written in a white, cursive script font. Below "Apollo", the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: January 2022

Working Out When Your Job is Physical Labor

When the end of the day rolls around, the last thing a lot of people want to do is head to the gym. With the stress of the day, both physically and mentally, it can be challenging to shift your attention to fitness, especially if you've spent the day working a physically demanding job. Two of the biggest obstacles facing anyone with a physically demanding job is time and energy. If you're juggling a full day of work, commute, family, and home obligations, squeezing in one more commitment might seem out of the question. The good news? Doing some exercise is better than no exercise.

Strength or resistance exercise can counteract the stresses of a manual labor job. The stronger and healthier your body is, the longer you will be able to complete tasks that require repetitive stress. The best way to prepare for that stress is to make your body stronger. Not enough time? In 2021 the average American spent 23 hours a week watching T.V. An effective strength and conditioning program for beginners? Only 5 hours a week.

Short and Sweet

Thirty minutes of exercise may be the sweet spot for losing weight. Research has found that men who exercised hard enough to sweat for 30 minutes a day, lost an average of 8 lbs. over 3 months compared to an average weight loss of 6 lbs. among men who worked out for 60 minutes a day. That is a yearly average of 32 lbs. an individual may lose by dedicating 30 minutes a day to their health.

20 Min. Walk

A study published in 2015 in the American Journal of Clinical Nutrition found that brisk 20-minute walk every day can reduce your risk of death in all-cause mortality by upwards of 30%.

Protein

According to the National Academy of Sports Nutrition if an individual can eat an average of 1 gram of protein for every lb. of body weight it may help their body naturally reach a state of fat loss. Depending on your level of activity throughout the day this number may be closer to 2 grams per lb. if you are highly active for multiple hours a day. This also assists with maintaining lean body mass which naturally becomes more difficult as an individual ages.

Strength Training

The sweet spot of strength training is not 7 days a week, but rather 2-3 days per week. That means an individual with a crammed schedule can successfully use a weekend and only must sacrifice one day during the work week to meet an effective strength training schedule. Research proves that strength training in construction workers helps prevent repetitive or overuse injuries, which are most common for individuals in trades work.

HEALTHY OR SAFETY REMINDER: A chicken breast has an average of 50 grams of protein. The average protein shake is 30 grams of protein, and an 8 oz. steak is about 56 grams of protein. A McDonalds Cheeseburger... 15 grams of protein.

Discussion Points/Quiz Questions:

1. True or False: It takes 60 minutes a day 7 days a week to improve your health?
False: 20 min of walking a day can decrease risk of death by 30%.
2. True or False: The average construction worker person does not have time to hit the gym?
False: Americans average 23 hours a week watching TV.