

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

HOW MUCH PROTEIN DO YOU NEED?



Jacob



It's important for industrial athletes to consume enough protein in their diet, especially when they are physically active and burning calories. The right amount of protein can help burn fat, increase muscle strength and mass, and reduce injury risk.



– Jacob Pope, MS, ATC
Industrial Injury Prevention Specialist



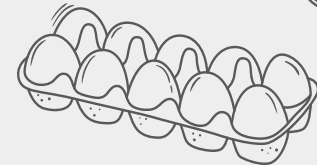
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FOLLOW RECOMMENDED MINIMUM DAILY ALLOWANCE – 1 TO 1.5 GRAMS OF PROTEIN PER KILOGRAM OF BODY WEIGHT. (1KG=2.2 LBS)



2

EAT A PROTEIN-RICH BREAKFAST TO FUEL YOUR BODY AND FEEL FULL FOR A LONGER PERIOD OF TIME.



3

CHECK NUTRITION LABELS ON FOOD PRODUCTS FOR PROTEIN CONTENT TO MONITOR INTAKE.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

Note: Industrial Injury Prevention Specialist Cara Lewis Roy contributed to research for this tip in recognition of National Nutrition Month.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.