



THREESIXTY OSTEOPATH'S ADVICE:

EASY-PEASY TIPS FOR A DAY OF SUCCESSFUL, SAFE GARDENING

Ten tips to make your gardening habits
better for your body



ThreeSixty
OSTEOPATHY



GOOD FOR THE BODY

AND GREAT FOR THE SOUL

These ten easy-to-follow tips will help you make sure your day in the garden is injury free.

1 - Don't do it all at once

Set reasonable goals, you don't need to do it all in one go. Slow down.

2 - Take regular breaks

Tell yourself you'll do 1 hour of activity and then take a break to assess how your body is feeling. If you're starting to get sore, call it a day and come back again tomorrow.

3 - Vary the jobs

If you spend 1-hour kneeling down, try to spend the next hour doing something in a different position to give those muscles a bit of a break.

4 - Re-hydrate yourself

Every hour, give yourself 5 minutes to stretch, rest and re-hydrate. Drink water (not coffee or tea). You'll be exerting yourself more than you realise, especially in the heat.



A WORKOUT FOR BODY & SOUL

5 - Beware of reaching and bending

Injuries occur when the back is in the first stage of bending forwards - exactly the position we find ourselves in while gardening! Try to be mindful of your posture.

6 - Avoid heavy or awkward lifting positions

If you are bending, lifting and twisting that bag of potting mix, prepare to pay the price. Don't lift things that are too heavy, and if they are too far away, move them closer. Ask for help if it's really a two-person job.

7 - Know your limit

Injuries happen when we think "I'll just plant that last one". By this point, your muscles will be tired, and they won't control your joints as well as they did at the beginning. The end of the task is the most common time for a silly strain to occur.

8 - Be kind to yourself

Find something soft to kneel on, or a little stool to sit on. Whatever you're doing, your body will thank you if you find the most comfortable position to work in.



WHAT ABOUT A WARM-UP?

9 - Listen to your body

When you're starting to feel a bit sore, you need to stop. Most pain from injury occurs from inflammation AFTER the injury has occurred. So, if you think you've over-done it already, don't "just push on", there's always tomorrow....

10 - Less is more

Don't keep going when you feel like you've already done enough. 5 days of 2-hour gardening stints is much better for your fitness than 1 day of 10 hours!

AND ONE FINAL THOUGHT....

At the first sign of a beautiful day, it is easy to pop out to the garden and great straight into it with gusto. But, just like any form of exercise, it's a good idea to warm up first. We've got some great whole-body stretches that are quick, easy and perfect for a pre-gardening warm up. Check out the short video on our YouTube channel.



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