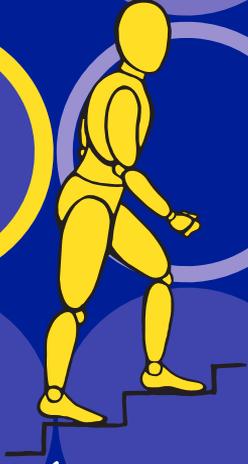


Fight the Calendar

in 2016



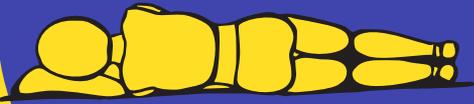
Stay flexible

the art and science of aging gracefully

Keep friends close

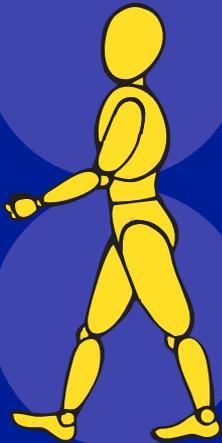
Don't over-indulge

Sleep well, and long



If you fall down, get right back up

Use technology to its full potential



Boost your bone strength - move more

Optimize manual handling

Use your considerable life experience

De-stress your life

Keep hands close to your navel when lifting

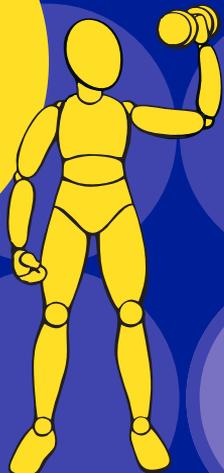
Puzzle? Using your brain wards off dementia

Eat Mediterranean

Make 15 minutes to exercise daily

Avoid slips, trips, and falls

Challenge yourself, routinely



January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

■ PDA, Jan. 6-7

February

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■ 101 Ergo Solutions, Feb. 18

March

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■ Return to work, Mar. 30

April

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■ Office ergo, Apr. 6
■ Ergo Design, Apr. 21

May

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■ PDA, May 11-12
■ Health care, May 18

June

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■ Driver ergo, Jun. 1

July

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August

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September

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■ PDA, Sept. 7-8
■ Lifting TTT, Jun. 1

October

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30	31					

■ Ergo Design, Oct. 20

November

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■ 101 Ergo Solutions, Nov. 17
■ Office ergo, Nov. 24

December

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31						



taylor's
ergonomics
incorporated

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tips for aging with grace, from taylor'd ERGO

Use your considerable life experience. Listen to your body. You know what you can handle, how long you need to sleep, and whether you can lift that load.

Keep friends close. Social activities and volunteering increase your happiness, and reduce the risk of developing dementia.

Make time to exercise for fifteen minutes, every single day, to increase your life expectancy by three years (everydayhealth.com).

Optimise manual handling. Avoid heavy lifting, but embrace activity. Several light lifts might contribute toward your daily activity "quota", whereas one heavy lift might put your back at risk.

Boost your bone strength. Move more. Sit less. Load-bearing exercise such as climbing stairs, walking, or lifting weights reduces the risk of osteoporosis.

Eat Mediterranean. Your figure will thank you, and so will your heart, when you choose more vegetables, olive oil, and lean meats over deep fried carbs and sweets.

Sleep well and long. Get a good mattress, and get more than 6.5 hours sleep every night to ensure peak physical energy and mental alertness.

Challenge yourself, routinely. Learn something new every day. Putter over a Taylor'd Ergo puzzle. Try a new activity or hobby.

Don't overindulge, when it comes to food and alcohol. Moderation is the key!

If you fall down, get right back up. If you get sick and have to spend some time in bed, get moving as soon as possible. For every week you are in bed you lose 12% of your muscle strength. Your bones also suffer; bone density decreases by about 1% per week of bedrest, which is nearly 50 times that of normal age-related bone loss (nursingtimes.net).

De-stress your life. Meditation, massage, tai chi, and yoga can help to bring down your blood pressure.

Use technology to its full potential. Reduce your work demands with power tools and new devices, and take advantage of high tech assistance such as voice recognition and enlarged fonts on your tablet.

Keep your hands close to your navel when you lift. Use a stool, step closer, or slide the load closer before lifting it.

Stay flexible. Yoga, tai chi, and other forms of stretching help to improve balance, well-being, flexibility, sleep and circulation.

Avoid slips, trips and falls. Wear shoes with good tread, avoid slippery floors, and use the railing!

NEW ERGO COURSE for HEALTH CARE PROVIDERS!

Early in 2016, we'll be rolling out a hands-on practical course to help care providers, both professional and family members caring for loved ones at home, to improve the "ergonomics" of care tasks. The goal is for these people to be able to prevent injuries to their own bodies, so they can better take care of their loved ones, clients, or patients. Participants will learn to evaluate and optimise the home environment. We will provide a safe environment to learn and practice safe transfer techniques. We'll share tips and product suggestions that make taking care of someone easier. If your organisation might want to host this course for employees who are primary caregivers at home, or for staff who handle patients or clients, please let us know.

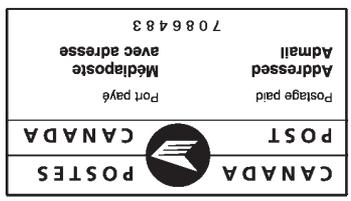
Anti-aging puzzle. Use the letters shown in the yellow circles above to learn the trick to aging with grace. (Hint: the first 8 letters found above make up the first missing word, and the last 7 letters you'll find are for the last word.)

Did you know that one third of how gracefully we will age is controlled by
 _ _ _ _ _? That means two thirds is completely based on _ _ _ _ _
 _ _ _ _ _.



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519 623 7733



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38 Water Street South,
Cambridge, ON
N1R 3C5