

# Exercise According to Work



WORK	CHARACTERISTIC	WHAT EXERCISE	TARGET
<b>Information-intensive work</b> <ul style="list-style-type: none"> <li>• (e.g. many service sectors, traffic)</li> </ul>	<ul style="list-style-type: none"> <li>• hurry and time pressure</li> <li>• irregular working time</li> <li>• screens</li> <li>• disturbance to sleeping patterns</li> </ul>	<ul style="list-style-type: none"> <li>• “interval type” training (ball games, circuit training, aerobic)</li> <li>• endurance exercise (swimming, cycling, walking, Nordic walking, cross-country skiing, jogging)</li> <li>• at-home gymnastics</li> <li>• stretching at work</li> <li>• gym</li> </ul>	<ul style="list-style-type: none"> <li>• releasing over excitement of the sympathetic nervous system</li> <li>• boosting relaxation and balancing hormonal regulation</li> <li>• preventing tightness of the neck and shoulder musculature</li> <li>• maintaining strength of the muscles of the back and the body</li> </ul>
<b>Shift work</b> <ul style="list-style-type: none"> <li>• control room work</li> <li>• on-call work</li> </ul>	<ul style="list-style-type: none"> <li>• disturbances to diurnal rhythm and sleep</li> </ul>	<ul style="list-style-type: none"> <li>• endurance exercise</li> <li>• dynamic gym workouts</li> </ul>	<ul style="list-style-type: none"> <li>• maintaining the condition of the heart and circulatory system</li> <li>• ensuring balance of metabolic hormones</li> <li>• preventing sleep disorders</li> </ul>
<b>Hot work</b> <ul style="list-style-type: none"> <li>• outdoor work during heatwaves</li> <li>• people using protective equipment</li> <li>• hot or humid indoor work environment (kitchen, cleaner’s)</li> </ul>	<ul style="list-style-type: none"> <li>• accumulation of heat in the body</li> <li>• dehydration</li> </ul>	<ul style="list-style-type: none"> <li>• endurance exercise (swimming, cycling, walking, Nordic walking, cross-country skiing, jogging)</li> </ul>	<ul style="list-style-type: none"> <li>• training the capacity for sweating</li> <li>• maintaining and improving the heart’s stroke volume</li> <li>• preventing obesity</li> </ul>
<b>Cold work</b> <ul style="list-style-type: none"> <li>• outdoor work during winter</li> <li>• work in cold indoor premises</li> </ul>	<ul style="list-style-type: none"> <li>• cooling down of the body</li> <li>• additional stress to the circulatory system and metabolism</li> </ul>	<ul style="list-style-type: none"> <li>• swimming</li> <li>• cross-country skiing</li> <li>• jogging</li> <li>• gym</li> </ul>	<ul style="list-style-type: none"> <li>• boosting heat production</li> <li>• good oxygen uptake</li> <li>• maintaining muscle mass</li> </ul>
<b>Work that requires the use of a respirator</b>	<ul style="list-style-type: none"> <li>• increased breathing work due to breathing resistance</li> </ul>	<ul style="list-style-type: none"> <li>• Nordic walking</li> <li>• cross-country skiing</li> <li>• swimming</li> <li>• taiji</li> </ul>	<ul style="list-style-type: none"> <li>• strengthening breathing mechanics</li> </ul>
<b>Work that includes lifting and carrying</b> <ul style="list-style-type: none"> <li>• storage work</li> <li>• many service sectors</li> <li>• care work</li> <li>• transport sector</li> </ul>	<ul style="list-style-type: none"> <li>• stress to the back and joints</li> <li>• stress to the big joints of the upper and lower body</li> </ul>	<ul style="list-style-type: none"> <li>• gym</li> <li>• gymnastics, stretching</li> <li>• endurance exercise that stresses the upper and lower limbs (cross-country skiing, Nordic walking, swimming)</li> </ul>	<ul style="list-style-type: none"> <li>• strength and suppleness of muscles</li> <li>• mobility of the joints</li> <li>• endurance</li> <li>• body control and balance</li> </ul>
<b>Speech and voice work</b> <ul style="list-style-type: none"> <li>• teaching, training</li> <li>• singing</li> <li>• elderly care</li> <li>• provision of information</li> <li>• serving the public</li> <li>• radio journalism</li> <li>• spiritual (speech) work</li> </ul>	<ul style="list-style-type: none"> <li>• stress to the vocal chords</li> <li>• stress to the muscles that produce voice and participate in breathing</li> </ul>	<ul style="list-style-type: none"> <li>• walking, Nordic walking, gym workouts while avoiding exercises that maintain muscle tension</li> <li>• cycling</li> <li>• yoga</li> <li>• exercises that improve breathing technique</li> </ul>	<ul style="list-style-type: none"> <li>• maintaining endurance in order to avoid unnecessarily being out of breath</li> <li>• maintaining posture and the condition of the core muscles</li> <li>• maintaining correct breathing technique during physical exertion</li> <li>• releasing tightness of the neck and shoulder musculature</li> </ul>
<b>Logistics work</b>	<ul style="list-style-type: none"> <li>• tightness of the neck and shoulder musculature</li> <li>• stress to the back due to challenging work postures</li> <li>• weight management</li> <li>• sudden work performances that require good muscular strength, such as loading</li> </ul>	<ul style="list-style-type: none"> <li>• Nordic walking, cross-country skiing</li> <li>• swimming (correct form important due to increasing muscular tension)</li> <li>• gym exercises, including occasional strength training</li> </ul>	<ul style="list-style-type: none"> <li>• releasing and preventing tightness of the neck and shoulder musculature</li> <li>• preventing back cramps</li> <li>• preventing the accumulation of excess weight</li> <li>• maintaining sufficient muscular strength for lifting and carrying</li> <li>• maintaining strength of the core musculature in order to maintain good driving posture</li> </ul>