



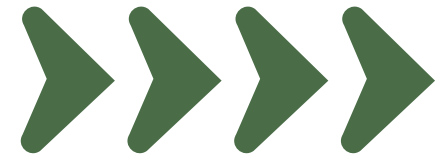
Tree Planter Wellness 101

How to Tree-t yourself well :)



UFWDT Training

Key Areas of Focus



Flexibility

Making sure your body is capable of lifting without overwhelming your joints



Rest

Making sure your body is well rested before and after planting days



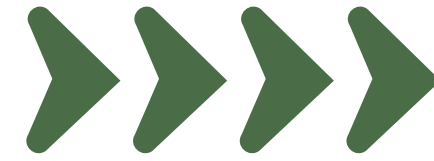
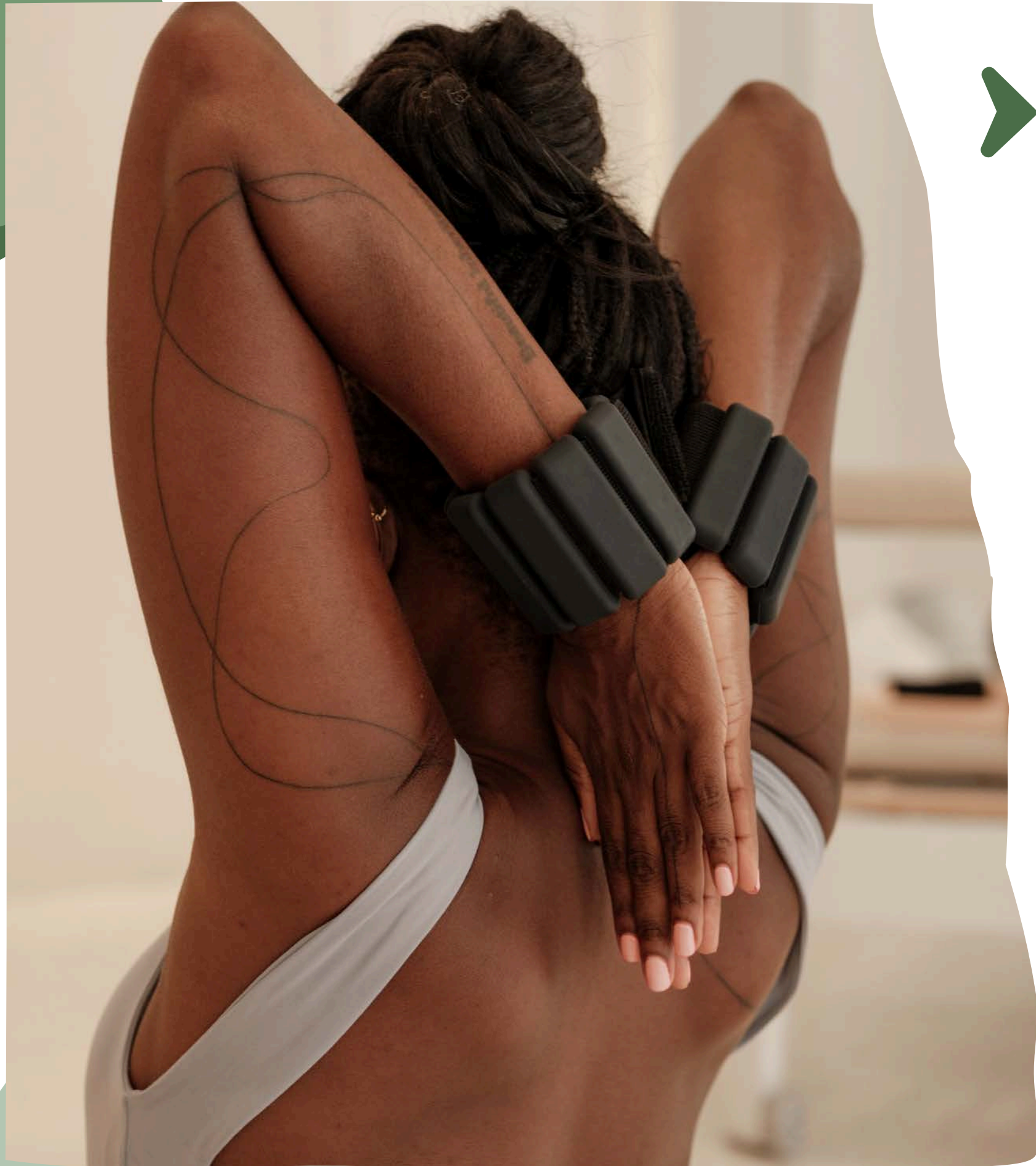
Essentials

Packing the right bag to get you through the work day



Nutrition

Making sure you eat balanced meals for energy and health.



Stretching

- It is **ESSENTIAL** for us to stretch **BEFORE** and **AFTER** work
- 10-20 minutes of **DYNAMIC** stretching **BEFORE** work and 10-20 minutes of **STATIC** stretching **AFTER** work can greatly reduce your chance of injury
- A good stretch will warm you up during the colder months
- Stretching will decrease stress and tension and better your mental health



Wrist Flexor Stretch

To stretch and warm up the muscles in the forearm to reduce strain on the elbow.



How to Do it:

- 1.) Extend the right arm in front of you with the palm facing up
- 2.) Use your left hand to gently pull back the fingers of your right hand until you feel a stretch in your forearm.
- 3.) Hold for 15-20 seconds.
- 4.) Repeat on the left arm



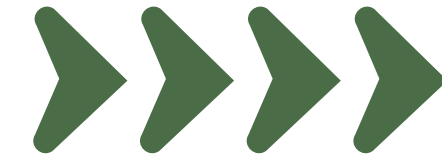
Wrist Extensor Stretch

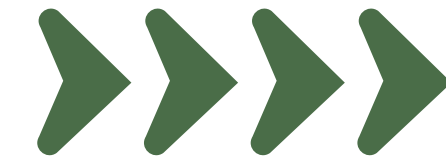
To stretch and warm up the muscles on the top forearm to reduce strain on the elbow.



How to Do it:

- 1.) Extend the right arm in front of you with the palm facing down
- 2.) Use your left hand to gently pull back the fingers of your right hand until you feel a stretch in your forearm.
- 3.) Hold for 15-20 seconds.
- 4.) Repeat on the left arm





Forearm Pronation and Supinations

Strengthen the forearm muscles without putting excessive strain on the elbow

How to Do it:

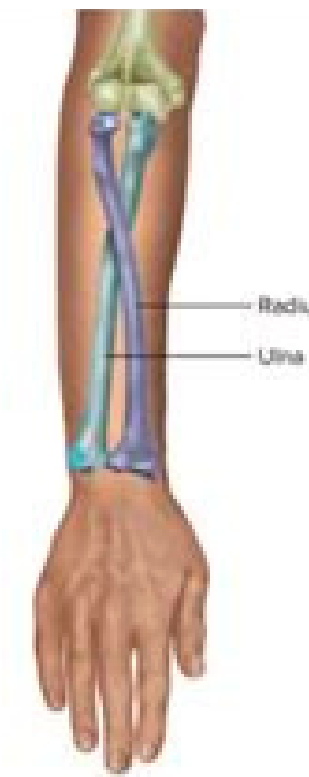
- 1.) Sit with your elbows bent at a 90 degree angle and your forearms resting on a table or your thighs
- 2.) Hold a light weight (A water bottle, phone, notebook, etc.) in each hand
- 3.) Slowly rotate your forearms so that your palms face up
- 4.) Hold for 3-5 seconds , then slowly rotate your forearms so that your palms face down
- 5.) Repeat 10-15 times



(a) Supination



(b) Pronation



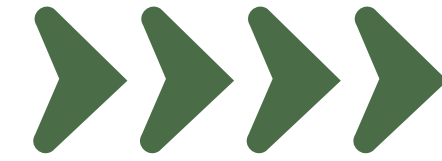
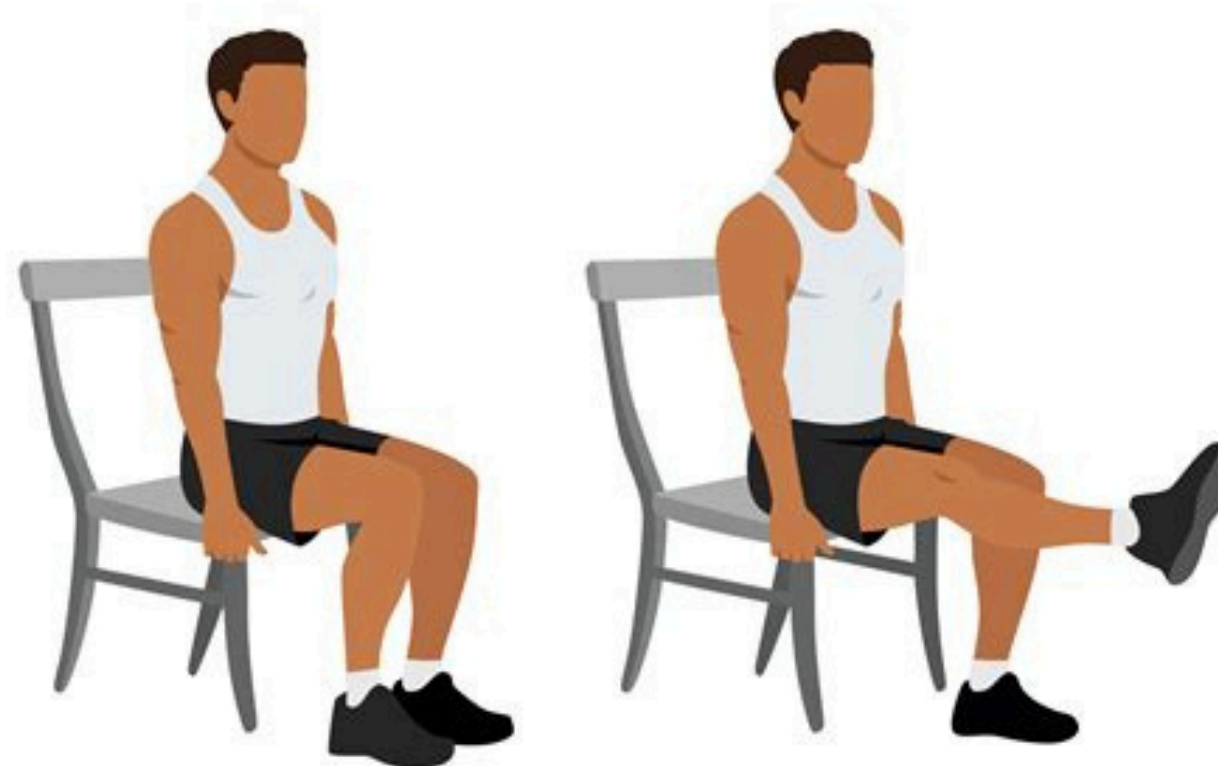
Seated Leg Extensions

Strengthen the quadriceps muscles without putting strain on the knees



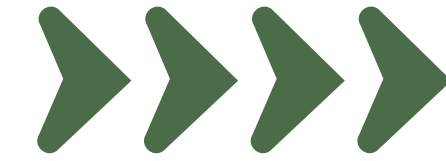
How to Do it:

- 1.) Sit on a chair with your feet flat on the floor
- 2.) Slowly extend one leg out in front of you until it is straight
- 3.) Hold for 3-5 seconds, then slowly lower it back down
- 4.) Repeat 10-15 times on each leg



Calf Raises

Strengthen the calf muscles and improve stability



How to Do it:



- 1.) Stand with your feet shoulder-width apart, holding onto the back of a chair or a wall for balance (you can also do this seated)
- 2.) Slowly rise up on your toes as high as you can.
- 3.) Hold for 3-5 seconds, then slowly lower your heels back down
- 4.) Repeat 10-15 times



Hamstring Curls ➤

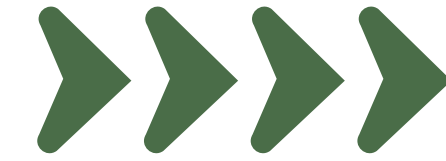
Strengthen the hamstrings and support knee stability



How to Do it:

- 1.) Stand with your feet shoulder-width apart, holding onto the back of a chair or a wall for balance.
- 2.) Slowly bend one knee, bringing your heel toward your buttocks.
- 3.) Hold for 3-5 seconds, then slowly lower your foot back to the ground.
- 4.) Repeat 10-15 times on each leg





Key Things to Bring for Planting Days

Making sure to pack the right back for a day of work

Physical Needs

- Any medical supplies (Inhalers, medications, pain relievers, zyrtec)
- Joint support (knee brace, back brace, etc.)
- Temperature regulation (Heating pads, hand warmers, neck fans, sweat towels, layered clothing etc)

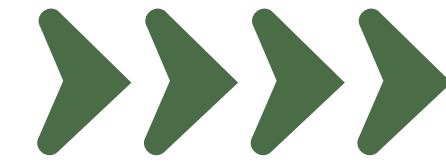
Nutritional Needs

- Nutritious, non-perishable snacks for the workday
- Water throughout the day that will keep you hydrated (i.e. electrolyte water, coconut water, black strap molasses, etc.)

Miscellaneous

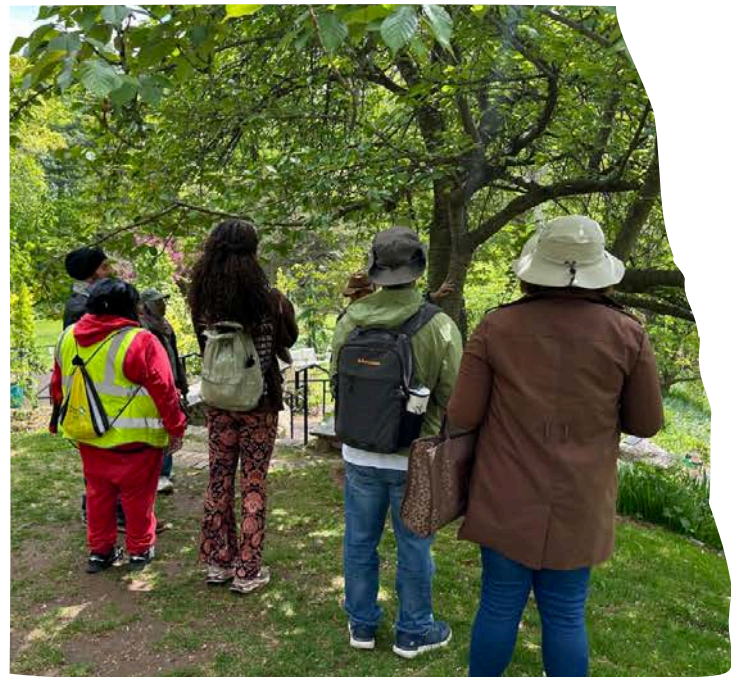
- Make sure to bring a portable charger
- Extra cash for spontaneous store runs during breaks
- What else?

Proper Rest & Recharge



Proper Relaxation is essential to do well in any job, but especially a field that requires outdoor, manual labor

Nature Connection



Visit a local park or nature space for deep relaxation.

Sleep



Getting at least 7-10 hours of sleep before planting days

Meditation



Try the Alternate Nostril breathing technique to quickly reset your nervous system

Try it Now

Your journey to self-care begins here

