

Resource Guide

[October 2025]

Pre-work warm-up routine

- Taking just a few minutes to warm up and stretch can reduce your risk of injury and keep you feeling energized throughout the day.
- Warm-ups should always be dynamic and involve active movements like lunges, arm circles, and shoulder rolls. Engaging in a pre-work warm-up routine can help:
 - Reduce risk of injury
 - Reduce levels of fatigue
 - Improve posture
 - Improve balance and coordination



Learn more about pre-work warm-ups by exploring Purolator Health's stretch calendar.

[Click here to access the stretch calendar!](#)