



How would YOU handle it?

Day 2 Making the Commitment

Prevention of MSIs starts with a commitment to change your behaviours and habits for the better. Setting goals will help you stick with your commitment. The first step in achieving a goal is to have a clear understanding of what you want to change. Your goal can be big or small, it doesn't matter what it is as long as it takes you in the right direction. Take a minute to think of why your musculoskeletal health is important. Here are some reasons:

- More energy throughout the day
- More productive workday
- Less mental and physical stress
- Re-energizes the brain

Your goal may be one of these, or it could be something else. Whatever it is, it's best to write it down. Share your goals with a friend. They may want to join you in the journey to good health.