

A person wearing blue scrubs is riding a stationary exercise bike in a gym. The person is captured in motion, with a slight blur on their legs. In the background, there is a purple exercise ball and a pair of dumbbells on the floor. The overall scene is brightly lit, suggesting an indoor fitness facility.

Have you done your rounds?

BACKPAIN > DON'T TAKE IT
LYING DOWN

Health care professionals agree staying active is key.

A public awareness campaign partnership between:
Alberta Human Resources and Employment
Alberta Construction Safety Association
Manufacturers' Health and Safety Association
Alberta Hotel Safety Association
Workers' Compensation Board-Alberta

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