

Physical Activity/Exercise and Ergonomics

Physical activity is a critical component to health and well-being. Ergonomists recognize the importance of activity in mantras such as “the best posture is the next posture”, and physical activity appears in ergonomics practice in recommendations for stretching or warm-up exercises. This presentation will look at ergonomics through an exercise science (Kinesiology) lens, exploring the overlap, and occasional conflict, between the goals of ergonomics and the principles of exercise. We will apply this perspective to discuss risk factors for Work-related Musculoskeletal Disorders (WMSDs), as well as contemporary issues such as the Occupational Physical Activity paradox.



About our Speaker...

Jon VonderHaar has been an Ergonomics Consultant with State Fund since 11/30/2015. For the 13 years prior to that he worked in Occupational Medicine, providing industrial rehabilitation services and conducting physical abilities and functional capacity testing for post-offer/pre-placement, fitness for duty, and return to work determinations. He coordinated U.S. HealthWorks' Physical Abilities Testing services for the 35 clinics in the Greater Los Angeles area. He has a B.S. in Exercise Science-Kinesiotherapy and an M.S. in Exercise Science –Biomechanics, both from the University of Toledo. Jon has a certificate from the International Association of Worksite Health Promotion. He was a Certified Cycle Coach through the Leukemia & Lymphoma Society's Team in Training program.

Where:

**2275 Gateway Oaks Dr,
1st Floor Conf.
Sacramento, CA**

Parking is FREE.

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