

Plant and Rake Without the Ache



Stretch before you start
Start with a brisk walk, then do some light stretching.

Use the right tools
Choose the proper, ergonomically designed tool for the job.

Choose the right shoes
Wear shoes with good support, thick soles and the proper fit.



Use the right moves
Use your knees to lift with ease.

Cover up
Wear gardening gloves, a wide-brimmed hat and sunscreen.



Take frequent breaks
Fatigue can increase your risk of injury.

Drink plenty of fluids
Water and juice are ideal refreshments.

