Restarting a physically demanding job? Check for signs of deconditioning.

**Reduced Physical Endurance**
When we are inactive for long periods, our energy utilization shifts, resulting in lactic acid buildup and whole-body fatigue.

**Reduced Muscle Strength**
The average human can lose between 1% and 3% of muscle strength per day.

**Reduced Cardiovascular Fitness**
Lack of physical activity can cause the heart to atrophy, making it more difficult to pump blood to working muscle.

**Reduced Range of Motion**
Weeks of reduced activity may limit our ability to extend or bend body segments due to less elasticity and increased muscle stiffness.

**Reduced Range of Motion**

**Weight Gain**
As we switch from daily physical activity to a more sedentary lifestyle, we burn fewer calories per day.

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