

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Benefits of Exercise

- Reduces the risk of developing and/or dying from heart disease (strengthens heart).
- Reduces high blood pressure or the risk of developing high blood pressure.
- Reduces high cholesterol or the risk of developing high cholesterol.
- Reduces the risk of developing colon and breast cancer.
- Reduces the risk of developing diabetes.
- Reduces or maintains body weight or body fat.
- Builds and maintains healthy muscles, bones, and joints.
- Improves psychological well-being.
- Enhances work, recreation, and sport performance (coordination).
- Relieves tension and stress, and improves sleeping patterns.
- Stimulates the mind.
- Controls appetite and improves digestion.
- Boosts self-image.
- Improves muscle tone, strength, and flexibility.
- Increases energy levels and improves lung function.

Notes:

Instructor Tips

- **Discuss the benefits of exercise and compare them to the examples shown.**
- **Explain that regular exercise will lead to fewer physician visits, and less of a dependency on medication.**
- **Remind workers that exercise does not need to be strenuous to be beneficial, and that moderate-intensity physical activity (e.g. walking) can be very beneficial.**
- **Ask workers to explain how they can include exercise into their day.**

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Exercise (1)