

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Back In The Garden

By News Canada

Back In The Garden

by: **News Canada**

(NC)–For many Canadians, gardening is the most joyful activity of summer. But if you love to garden and you also suffer from back pain, you know that you can cause yourself a lot of grief unless you follow some basic ergonomic principles.

Gardening, of course, is a seasonal activity here in Canada. During the winter, few of us make much use of the muscle groups we employ for typical gardening activities. The one exception is washing floors, but, truthfully, how often do you do that?

But even if you linger over the linoleum daily from October to March, it's still important to warm up and stretch your muscles before you dig. Here's a tip – the easiest way to warm up your muscles is to take a hot shower BEFORE you garden. This is called a passive warm-up. You'll still need to stretch, but you can do this in the garden. Use the same motions you use when weeding, raking, digging, etc. – whatever your planned tasks – but do them slowly, holding each stretch for about 10 seconds.

It's also important to do some gentle stretching after you garden, especially if you've overdone it and your muscles feel tight. Another hot shower can help as well.

Another rule: Go slow! When the weather breaks, it's tempting to turn over ALL the earth on the first afternoon. Trouble is, by the time your back aches, you've already done too much. By pacing yourself, you can ensure that your back will be fit enough to garden again next weekend!

A third principle to keep in mind is that a change is as good as a rest. Vary your activities rather than doing all your weeding, for instance, at once. In other words, shovel for a few minutes, dump, rake, weed. Rest for a while, then repeat.

Avoid staying in any one position for too long. Gardening involves bending, kneeling, standing, walking, and reaching; don't spend more than 15 minutes in any one of these positions before changing to

something else.

Also, don't mix and match activities with positions. If you're crouching down to weed, don't suddenly reach up and stretch to snip at a stray vine. Don't bend forward with your knees straight. And as in any activity, try not to lift and twist at the same time.

Remember to hold heavy objects close to your body. So what if they're muddy – getting dirty is part and parcel of gardening's charm.

Finally, organize your tool shed so that heavy supplies are stored at waist level. Invest in some back-friendly tools like a kneeling bench with handles, shears, shovels and weeders with long handles to minimize bending, an angled rake, and a swan-necked watering can.

If you keep this advice in mind, there's no reason for back pain to keep you out of your garden.

For more information visit

.

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

A Beginners Guide To Garden Bridges

By Charles & Susan Truett

Just because you dont have huge, elaborate gardens does not mean you cant accentuate what you do have with garden bridges. Garden bridges could be just what you need to turn those mediocre garden areas into something quite splendid.

Back In The Garden

Garden bridges can add a touch of country or formal design to a garden. Small garden bridges are easy to find. There are many garden bridges that you can find in garden centers or home improvement centers. One of the best places to find small garden bridges may be online. There are lots of sites that have many ideas for small garden bridges.

If you are good with a hammer and nails you may even be able to make your own garden bridge. Plans are available at building stores and at online sites. You will find many choices for garden bridges at these online sites and you can also see photos of many different bridge styles.

A garden bridge can be a big benefit for your garden space. A small garden bridge will look attractive in a smaller garden and draw attention to a specific area.

You can choose the right small garden bridge if you do a little planning ahead of time. If you have a smaller garden you will want a smaller garden bridge. Look at the space you have and decide where a bridge would fit in. Consider more than one area and then choose your favorite.

There are some lovely gardens that are small in size but large in beauty because garden bridges have been added in just the right places.

We have a large number of styles and varieties of garden bridges available online. For more information and to learn more about

, visit:

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!