

Musculoskeletal Health

What is Musculoskeletal Health?

The musculoskeletal system, also known as the locomotor system, is the structural network of bones, joints, muscles, and surrounding connective tissues that allows the body to move. Globally, an estimated 1.71 billion people live with a musculoskeletal condition, making these conditions the world's leading cause of disability (World Health Organization).

DIETARY HABITS TO KEEP YOUR BONES STRONG

- Be sure your daily diet includes plenty of vitamin D and calcium
- Reduce your alcohol intake and quit tobacco by using free cessation resources through our Employee Assistance Program

STAY ACTIVE

- Try to incorporate a combination of weight-bearing, resistance, and balancing training in your exercise habits
- Aim for 30 minutes of aerobic exercise, 5 days a week, to support stronger, smoother-moving joints

SUPPORT JOINT HEALTH

- Stretch before and after exercise to improve joint flexibility and reduce your risk of injury
- Aim to drink 8–10 glasses of water daily to support joint and muscle recovery

KEEP A CLOSE EYE ON YOUR POSTURE AND MOVEMENT

- Ensure that your workspace promotes a healthy posture
- Properly adjusting your desk, chair, monitor, and mouse can prevent neck, back, wrist, and shoulder pain

LISTEN TO YOUR BODY

- Pay attention to recurring pain, stiffness, weakness, or changes in mobility so you can proactively address concerns
- Use short movement breaks throughout the day, such as walking or stretching, to reduce stiffness, clear your mind, and reset physically and mentally

THRIVE

WELLNESS PROGRAM

University Resources

- Free Group Fitness Classes
- Healthy On-Campus Dining Options
- Pacific Health and Wellness Preventative Health Screenings
- Fitness Facilities, Including Tennis and Pickleball Courts, Lap Pool, Track and Field, and a Brand New State-of-the-Art Fitness Center
- Employee Assistance Program (EAP), available through Health Advocate
- **Scan the QR code below to access additional resources and helpful links**

Contact Information

Health Advocate
myhealthadvocate.pepperdine.edu
866.799.2728

Pepperdine Human Resources
humanresources@pepperdine.edu
310.506.4397

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