



Wellness at Work

January 2010
Volume 4 Issue 1

Healthsync, 330 N. Evergreen Rd Suite 2, Louisville, KY 40243
Healthsync@bellsouth.net (502) 693-5404

It's Time to Commit and Take Action

INSIDE THIS ISSUE

- 1 It's Time to Commit and Take Action
- 2 Fitting in Fitness
- 3 Starting a Company Wellness Program

"Eating out at restaurants should be limited. While you can always make smarter decisions in a restaurant (baked vs. fried, for example) you still lack control of what goes in your food. But recently many restaurants started sharing their nutrition information..."

What is the first step to changing a behavior?

Belief.

If you doubt your ability to be successful, you'll ultimately give up or give in.

When most people aim to change behaviors, they'll say things like "I hope I can do this," or "This is going to be impossible!"

They don't say "I'll do this no matter what!" But that's exactly what it takes.

You wouldn't dream of starting on a road trip for a vacation and just "seeing how it goes" or how far you can make it. Instead, you set out on the road with a clear destination in mind and expectation that you will reach your destination of choice.

Changing behaviors takes precisely the same steps. Regardless of what you are attempting to change - **commit and take action** - expecting nothing but success.

Believe you can.

- Create a vision in your head of you at your ideal body weight.
- See yourself controlling your disease better.
- Envision being handed the big promotion or the new job.

Whatever your particular situation, you have to truly believe yourself that you will make it happen with 100% certainty.

Seeing makes that believe come to life.

By visualizing your new behavior or your chosen outcome on a daily basis, you will begin to develop a firmer conviction that is IS possible.

Dreams cannot come to fruition from "I can." Only from "I WILL!"

Fitting in Fitness

Examples Moderate Activities:

Walking, dancing, leisurely bicycling, ice skating, horseback riding, canoeing, yoga, volleyball, golfing, baseball, doubles tennis.

Examples Vigorous Activities:

Jogging or running, fast bicycling, weight training, aerobic dancing, martial arts, jump rope, swimming, soccer, lacrosse, racquetball, basketball, cross-country skiing, singles tennis.

Simple Steps Add Up

Did you know you can benefit from even small amounts of moderate activity throughout the day? Regular physical activity is easier to fit in than you may realize and can significantly lower your lifetime risk for cancer - and heart disease and diabetes, too.

American Cancer Society's Physical Activity Guidelines

Adults: Engage in at least 30 minutes of moderate to vigorous activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.

Children and adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity for at least 5 days per week.

The 10–Minute Solution

It may sound too good to be true, but you don't necessarily have to set aside a half-hour to exercise. On those especially busy days, try working in 10 minutes of activity three times a day. For example, you can do some simple exercises for 10- minutes in the morning before everyone gets up, take a 10-minute walk during lunch, and another 10-minute walk after dinner. It's that simple to work in 30 minutes of activity. (con't on pg.3)

HEALTH CHALLENGE

Aim for 30-60 minutes of physical activity each day. Make a plan, keep a record, and stick with it. If you miss a day, make a point to get up and move the next day!

Wellness at Work Pays Off

The average company that implements a wellness program sees a 4 to 1 return on investment. When companies add the increased productivity and decreased absenteeism, they often save more than \$500 per employee per year. Companies who are seeing 15% to 20% increases in health related costs each year should look at implementing wellness programs immediately to help stop this expensive trend. For more information about company wellness and productivity planning, call Ed Dyer at Healthsync.

For More Information on company wellness programs and how they may help your company, contact **Healthsync** today.

Healthsync
330 N. Evergreen Rd.
Louisville, KY 40243
(502) 693-5404

Starting a Company Wellness Program

Many companies are faced with healthcare cost increases of 15% or more per year. In most cases, insurance premium rates are based on the health claims of the employee group. Leading companies throughout the country are getting a grip on their healthcare costs by starting wellness programs with their employees.

A wellness program that is well organized generally has a 5 to 1 return on investment, and can be implemented with very little disturbance in a company's workflow. Here are 4 major ingredients to a successful wellness program.

- * Get support from senior management for the wellness program
- * Collect data on the company and employees to set a baseline
- * Based on the data, set an action plan to reduce health risks and cost
- * Evaluate the success of your activities and change course as needed

Today, wellness programs are an important part of strategic planning. As healthcare costs eat up company profits, companies need to aggressively plan their financial defense.

Fitting in Fitness from pg. 2

Moderate Activity is anything that makes you breath as hard as you do during a brisk walk. During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat.

Vigorous Activities generally engage large muscle groups and cause a noticeable increase in heart rate, breathing depth and frequency, and sweating.

Other beneficial activities include those that improve strength and flexibility such as weight lifting, stretching, or yoga.

Whether you set aside time to exercise or do short bursts of activity throughout the day, the most important thing is to get up and get moving.

Activity Substitutions

- Use stairs rather than an elevator.
- Walk or bike to your destination.
- Exercise at lunch with your workmates, family, or friends
- Join a sports team.
- Use a stationary bicycle or treadmill while watching TV.

"A wellness program that is well organized generally has a 5 to 1 return on investment . . . "



Maintaining proper body weight has tremendous health benefits.