



Wellness at Work

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A Stop-Smoking Program That Makes Sense

INSIDE THIS ISSUE

- 1 A Stop-Smoking Program That Makes Sense
- 2 A Home Gym on a Budget
- 2 Wellness at Work Pays Off

We all hear of people who have smoked for 20 years, decide to quit one day, and never smoke again. We've also heard that there are alligators in the sewers in New York City. The whole cold-turkey stop-smoking concept is just not a reality for most people who know they should kick the habit for their health. Because someone can't quit cold-turkey doesn't mean that a person is weak or unable to quit. It just means that they need a plan that works with their body to help them adjust to the chemical changes that happen when nicotine is removed from the system. Drs. Thomas Cooper and Richard Clayton have developed a system to help smokers make the transition in a gradual, effective way. The table below shows the success rates per 100 people who try to stop smoking.

Success Rates Per 100 People Who Attempt To Quit Smoking

Method of Quitting	Success After 1 Year
Cold Turkey	5 would still be nonsmokers after 1 year
Using nicotine gum, patch, or lozenge	9-15 would still be nonsmokers after 1 year
Using the Cooper/Clayton System for smoking cessation	25 - 40 would still be nonsmokers after 1 year

"Because someone can't quit cold-turkey doesn't mean that a person is weak or unable to quit. It just means that they need a plan that works with their body to help them adjust to the chemical changes that happen when nicotine is removed from the system."

Smoking is an addiction, and the brain becomes very dependant on nicotine to function comfortably. The Cooper/Clayton method is very effective at substituting nicotine from cigarettes for less dangerous sources. The nicotine amounts are gradually reduced over several months to let the brain and body adjust to the changes. This provides a more comfortable, realistic option for those who want to quit but have not been able to do so in the past. For information about Cooper/Clayton classes for your company, contact Healthsync.

"A home gym doesn't need to be expensive. For under \$100 you can have all you need to stay fit and healthy."

A Home Gym on a Budget

By Dr. Thomas W. Kramer

Every January people rush to the local gym and get a membership, resolving to go every day. Work, family, and other responsibilities seem to get in the way, and over 80% of people who join a gym stop using their membership after 3 months. A better investment is a home gym. I built this home gym system in my basement as an experiment to see if it would really work. It did. Below I will list the materials you will need. If you want the exercise program, call or email me and I will send you a copy. Of course you should check with your doctor before beginning any exercise plan, so take this plan with you when you visit your doctor.

What You Need	What It's For	What it Costs
Good shoes for walking	Walking around your neighborhood or nearby park	This vary's, but lets just say \$40 for a pair of cross trainers
Exercise Ball 65cm	This is for core muscle and leg strengthening. Used correctly, this is the best exercise equipment made.	This is not a budget breaker. You can get a high quality ball for about \$20
Therapy bands and handles	These are for resistance exercise to build and maintain muscle	About \$25 should get you what you need
Heavy wall anchors and clips	This is an optional thing I like attaching the bands to the wall versus the doorway	About \$20 is all it takes, but you will need a drill to install the anchors
A notebook	Keeping track of progress	You probably already have one, but let's say \$5

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

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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.

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.

Extra Weight and Health

When you look at each age group, however, overweight women in the 50-59 and 60-69 age groups both showed increased mortality rates compared to women in the healthy weight (BMI <25) range. Only the women over 70 showed a lower mortality in the overweight (BMI 25-29.9) group. All age groups showed increased mortality rates in the obese (BMI 30+) group.

Obese women (BMI 30+) were twice as likely to die from coronary heart disease as women in the healthy weight range (BMI <25). Obesity more than doubled the risk for hypertension, and increased the risk of diabetes by 4-10 times. Overall, obesity increased the risk of death from any cause by 30-60% in the moderately obese women, and increased mortality rates by 2-3 times in the very obese (BMI 35-40+).

Much of the excess mortality due to obesity was the result of increased high blood pressure, high blood lipids, and diabetes among the obese women.

The bottom line is this. Overweight carries a moderate health risk for women younger than 70, but the major increase in mortality is for women in the obese range, especially those with a BMI of 35-40 or higher.

Reference: McTigue K et al. Mortality and Cardiac and Vascular Outcomes in Extremely Obese Women. *Journal of the American Medical Association*. 2006;296:79-86. July 5, 2006.

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Maintaining proper body weight has tremendous health benefits.