



Wellness at Work

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12 EASY WAYS to Enjoy Activity at WORK!

INSIDE THIS ISSUE

- 1 12 Easy Ways to Enjoy Activity at Work
- 1 Eat Breakfast Daily
- 2 Why Move More?
- 3 Starting a Company Wellness Program

1. **WEAR A PEDOMETER AT WORK.** Since every step counts, wearing a pedometer is a wonderful motivator to move more during your workday.
2. **WALK AROUND THE OFFICE.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **WALK AROUND THE BLOCK.** Got a coffee break? Got a few minutes? Take a walk outside and get some fresh air (and extra steps).
6. **WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be productive and healthier too!

"There are some serious benefits to moving more and increasing your daily physical activity at work."

EAT BREAKFAST DAILY!

Your body and mind need the nutrients and energy a breakfast provides. An example of a well-rounded breakfast is fruit, whole-grain cereal with low-or nonfat milk or calcium-enriched soymilk, and a handful of almonds.

Please see *12 EASY WAYS* on page 3

“The bottom line is that if you want to improve your survivability odds, you will do remarkably better (live longer) if you stay in the high fit group.”

Why Move More?

Moderate amounts of physical activity can greatly improve health and quality of life.

1. Nervous System

- Improves concentration, creativity and performance
- Reduces stress, anxiety and frustration

2. Bones

- Strengthens bones and improves muscle strength
- Makes joints more flexible allowing for easier movement

3. Heart

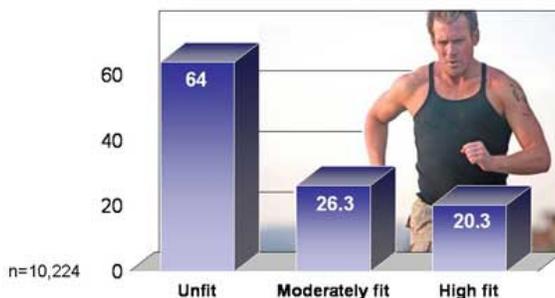
- Reduces the risk of developing heart disease and stroke

See Chart below:

Moderate Activity & Health

Mortality Rate – Men

per 10,000 person years, all causes



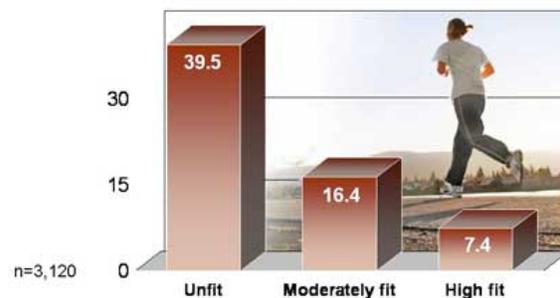
Source: Journal of the American Medical Association, November 3, 1989.

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Moderate Activity & Health

Mortality Rate – Women

per 10,000 person years, all causes



Source: Journal of the American Medical Association, November 3, 1989.

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4. Blood

- Improves blood circulation to all body parts
- Helps to lower bad (LDL) cholesterol and raises good (HDL) cholesterol
- Helps to lower high blood pressure and prevent high blood pressure from occurring

5. Digestive System

- Helps control appetite
- Improves digestion and waste removal

6. Lungs

- Slows the rate of decline in lung function
- Improves body's ability to use oxygen

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.

12 Easy Ways to Enjoy Activity at Work from page 1

7. **LIFT WEIGHTS WHILE YOU TALK.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get some blood flowing.
9. **WORK YOUR ABS.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **STRETCH YOUR ARMS AND LEGS.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **STRETCH YOUR STRESS AWAY.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **CHECK YOUR Pedometer.** How many steps do you take during a workday? Any ideas for adding a few more steps here and there?

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



Maintaining proper body weight has tremendous health benefits.

For More Information on company wellness programs, contact **Healthsync** to find out about special education programs and seminars

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