



Wellness at Work

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Keeping Fit When You Are On the Road

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Taking a trip can be fun or stressful, hectic, or relaxing, exotic or routine. Whether you're out of town overnight for a business meeting or on a weeklong vacation at the beach, you can still maintain your current level of fitness.

Check Availability

If you are staying in a hotel, call ahead to find out what fitness facilities are available. Some hotel chains have exercise rooms that rival some health clubs. They may have a pool for swimming laps or aerobics.

Plan for Fitness

If you are planning a vacation, consider a fitness theme - backpacking, skiing, kayaking, or scuba trips. Even on a business trip, you can fit physical activity into your day.

- Indoors, you can plan calisthenics that make use of the items you'll find in a hotel room, such as a telephone book, loaded suitcases, chairs, walls, and beds. Pack exercise tubing for resistance and a jump rope for a cardiovascular workout.
- If you're an outdoor exerciser, contact the hotel concierge or a local sports store, or get a map of the area where you'll be staying. Locate schools, parks, trails where you can walk or run.
- On the Internet, through a travel agent, business associates, or the hotel staff, locate rental places for inline skates, a canoe and life jackets, or bicycles.
- If you're on a tight schedule, be sure to check sunrise and sunset times. Check the weather forecast, as well, so you can pack appropriately for outdoor exercising.

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"Some hotels have agreements with local health clubs that allow you to use the facilities for free or at a discounted "guest" rate.

The health club you belong to might also be a part of a national chain of clubs so you can continue your exercise routine."

Physical Activity As You Get Older

"It's never too late to start getting active. Being fit is important to everyone. Being more active will help you feel better and may even help you live longer."

Being active can make life better

Many people become less active as they age, but staying active-or-getting active, if you aren't already-has definite benefits.

- **Aerobic exercise** strengthens your heart and gives you more energy to do things you like to do. It can also increase the amount of sleep you get at night and may reduce the time it takes for you to fall asleep.
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- **Strengthening exercises** can help you maintain your muscle, strengthen bones, and protect knees and other joints. These exercises include resistance training, such as lifting weights, and weight-bearing exercise like walking, jogging, or dancing.
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- **Flexibility and stretching**, which help provide a full range of motion for muscles and joints, can help you function at home, and socially. Everyday tasks that are hard for you-such as tying shoelaces or reaching to a shelf-may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that seems to be lost through aging is caused not by aging but inactivity or lack of movement.
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- **Balance exercise** helps you have good posture. They can also be helpful to improve coordination and reduce your risks of falls. One type of balance exercise is to stand on one leg for 10 seconds. Stand on a flat surface and use a stable object (such as a heavy chair) for support. Yoga classes or DVDs can teach you poses that help improve your balance.

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

Healthsync

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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.

Keeping Fit When On the Road

Eat Light

Be sure to eat at the same intervals you're accustomed to at home. Getting over-hungry leads to poor nutrition choices. Locate a local grocery store so you can prepare your own meals.

Salads (with dressing on the side) are always a safe choice - but they get boring after a while. Select heart-friendly or low-calorie meals from the menu. If you don't see any, you can custom order a meal at most restaurants.

Maintain

Your goal during trips should be to maintain your current fitness level. You don't need to exercise every day - or for a full hour each time. But when you do exercise- even if it's 15 minutes twice a day during breaks between meetings.

With planning and persistence, you won't return home feeling overweight, out of shape, and unmotivated.

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



Maintaining proper body weight has tremendous health benefits.