



# Wellness at Work

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## Spice It Up And Use Less Sodium

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- Buy fresh, plain frozen, or canned “with no salt added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- \* Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereal without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are low in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings-these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.
- When available, buy low-or reduced-sodium or no-salt-added versions of foods.
- \* Choose ready-to-eat breakfast cereals that are low in sodium.

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*“An important part of healthy eating is choosing foods that are low in salt (sodium chloride) and other forms of sodium. Using less sodium is key to keeping blood pressure at a healthy level.”*

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*“Always check with your doctor first before starting and exercise program. Your doctor can help you find a program that matches your level of fitness and physical condition”*

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## High Cholesterol: Exercise for a Healthy Heart

Some of the benefits of heart-healthy exercise are reducing the risk factors for heart disease and lowering cholesterol. A sedentary (inactive) life style is one of the top risk factors for heart disease. Fortunately, it’s a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits, including lowering cholesterol. It can also:

Strengthen your heart and cardiovascular system.

Improve your circulation and help your body use oxygen better.

Increase your HDL or “good” cholesterol.

Increase energy levels so you can do more activities without becoming tired or short of breath.

Increase endurance and improve muscle tone and strength, balance and joint flexibility, and bone strength.

Help reduce body fat and help you reach a healthy weight.

Help reduce stress, tension, anxiety and depression.

Boost self-image and self esteem.

Improve sleep

Make you feel more relaxed and rested.

Make you look fit and feel healthy.

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.

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

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## Exercise Precautions for People With Heart Disease

Discuss your exercise with your doctor.

Review your exercise routine with your doctor regularly.

Avoid heavy lifting. Pushing heavy objects and chores such as raking. Shoveling, mowing and scrubbing.

Avoid exercising outdoors when it is too cold, hot or humid.

Avoid extremely hot and cold showers or sauna baths after exercise.

Do not go up steep hills during your activity, whenever possible.

Do not exercise if you are not feeling well, or have a fever.

If you are short of breath during any activity or have increased fatigue, slow down your activity level or rest.

If you develop a rapid or irregular heartbeat or have heart palpitations, rest.

Do not ignore pain. If you have chest pain nor pain anywhere else in your body, do not continue the activity.

Avoid even short periods of bed rest after exercise since it may reduce exercise tolerance



*Maintaining proper body weight has tremendous health benefits.*