

# Welcome

Today's presentation will begin shortly.

- In order to hear the audio for this presentation, please turn up your speakers.
- If you'd like to ask a question, please use the **Q&A area** of the console.
- A PDF of the presentation and other relevant resources are available in the **More Information** area of the console.
- To resize the presentation, just drag the lower right corner of the slide area.
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# Small changes. Big impact.

How to help your employees move more

**Wellness on the Run**

**June 22nd, 2016**



# Our Health... At Risk

The 5 leading global risks for mortality



High Blood Pressure



Tobacco Use



Physical Inactivity



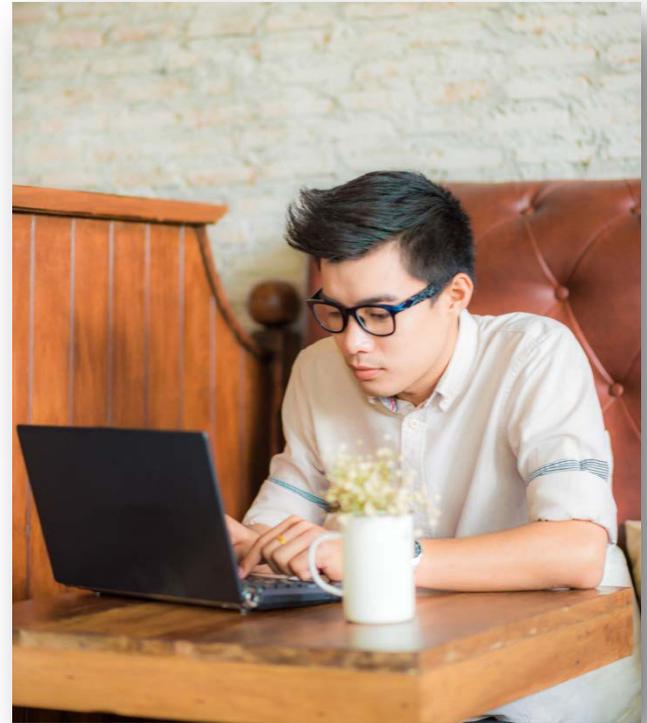
Excess Body Weight and Obesity



Diabetes

# Scary New Statistics

Sitting for more than  
**3** hours daily is  
responsible for around  
**3.8%** of all-cause  
deaths over **54** countries



*According to Dr. James Levine, a doctor at the Mayo Clinic and inventor of the treadmill desk, “Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death.”*

# Sitting Disease

The term “Sitting Disease” has been coined by the scientific community, referring to the ill-effects of a sedentary lifestyle.

Americans spend up to

**13** hours a day sitting

**7.5** hours are typically spent sitting at work



**HEART DISEASE**

**DIABETES**

**CANCER**

**OBESITY**

**PREMATURE DEATH**

# The Good News

Even a **10%** reduction in sitting time or a **30-minute decrease of sitting time per day** increased life expectancy by **0.2 years**



10am



12 pm



3pm

**That's three 10 minute breaks each day!**

# It's time to start moving

New research points to exercise as “medicine”

**“Run for your life: Exercise protects against cancer”**

**“Childhood fitness reduces long-term cardiovascular risks of childhood obesity”**

**“Regular physical activity is 'magic bullet' for pandemics of obesity, cardiovascular disease”**



**“Exercise: Future anticancer therapy?”**

**“Exercise Reduces Cardiovascular Risk Factors From Constant Stress”**

# Focus on complete health



## OLD STRATEGY



Diet and Exercise



## NEW STRATEGY



Good Nutrition Habits



Functional Fitness



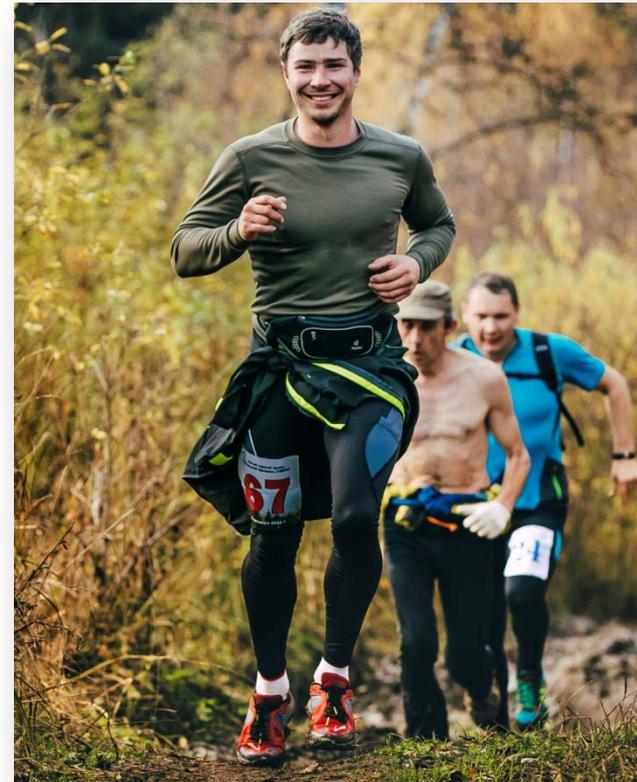
Social Support



Sleep and Relaxation



Emotional Health & Stress Reduction





## Move More... At Work

- Set reminders to move every hour
- Buddy up; find accountability partner(s)
- Set a daily step goal on your fitness tracker
- Organize company events focused on fitness, getting outside; teambuilding; charity events
- Provide workstation workouts and stretches
- Promote walking meetings; keep shoes at work!
- Stand while on the phone
- Organize an office walking group w/routes
- Offer stability balls instead of chairs
- Host workplace challenges, seminars, or yoga
- Buy a few tall counters or standing desks

**Lead by example!**

# The Move More Plan

For both yourself AND your employees



**Fitness &  
Movement**



**Flexibility &  
Ergonomics**



**Nutrition &  
Well-Being**

# The Move More Plan

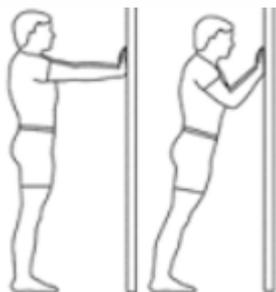
## Step 1 = Fitness



- ✓ Take a **10 minute walk** or stair break, **3x per day**
- ✓ When you return to your workstation, do 1 round of the **“P.S.” Workout** (P.S. Don't forget strength training!)

### 10-15 **P**USHUPS

### 10-15 **S**QUATS



OR



**VERSION 1**  
Wall Pushup

**VERSION 2**  
Desk Pushup



OR



**VERSION 1**  
Chair Squat

**VERSION 2**  
Bodyweight Squat

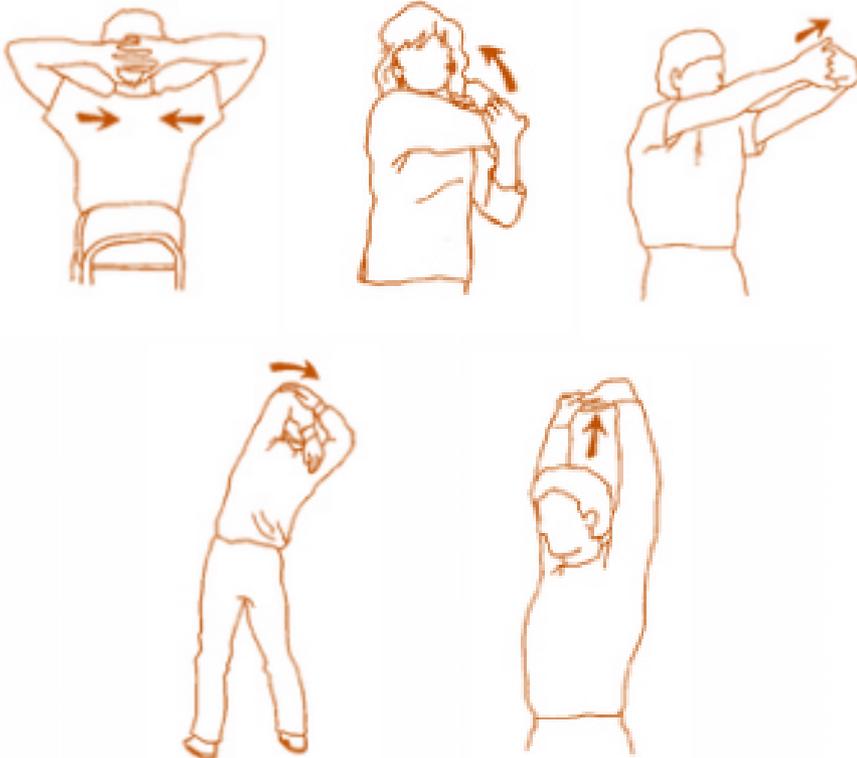
**YOUR DAILY TOTAL = 30 minutes walking, 30-45 pushups, 30-45 squats!**

# Stretches & Posture

## Step 2 = Flexibility & Ergonomics



✓ Stretch as often as needed



✓ Practice correct posture



When working on a computer:

- Elbows at a 90 degree angle
- Computer screen at eye level
- Feet flat on the floor

# Education and Awareness

## Step 3 = Nutrition & Well-Being



### ✔ Offer healthy options

- Nutrition seminars
- Healthy cafeteria choices
- Overhaul vending machines
- Provide fresh fruit
- Host a farmer's market
- Distribute a list of healthy takeout/delivery menus
- Healthy food truck visits
- Don't reward with food

### ✔ Support well-being

- Encourage social interaction and support
- Offer EAP/Employee Assistance Programs
- Workplace massages
- Seminars on better sleep, relaxation, meditation
- Yoga classes
- Healthy "break" habits

# No Cost Resources

## Health Kits | Workplace Challenges \*

- 1) Nutrition and Fitness
- 2) Emotional Health
- 3) Musculoskeletal | Back Pain

## LunchWell \*

Helping employees make healthier lunch choices

## Guide to Planning a Wellness Fair \*

\* Located on Time Well Spent

## The Weight Center

Log in to your plan website with your member login. Click on the Health & Wellness tab, then under the Health Topics section, click on Weight Management.



**LunchWell**

**Power your lunch.  
And your day.**

**1 Ounce Whole Grain**  
+  
**1 Serving Protein**  
+  
**1 Cup Fruit**  
+  
**1 Cup Vegetables**

**A Healthy Lunch  
to keep you  
fueled up all day.**

**The Emotional Health Kit**  
Tools for promoting a healthier state of mind

Q&A





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