

HEALTHY U

LAKE SUPERIOR STATE'S WORKSITE WELLNESS NEWSLETTER

MISSION STATEMENT: To encourage employees' personal and professional productivity, and physical and mental well-being, the mission of the LSSU Worksite Wellness program shall be to foster a worksite culture that supports anyone's desire to make healthy lifestyle choices.

BETTER HEALTH FOR THE WORKPLACE **Importance of healthy employees in the workplace**

Having a workforce that is fit and healthy is vital to higher production and to ensure that your organization is able to maintain high morale. The worksite organizational culture and environment are powerful influences on behavior and can be used to help employees adopt a healthier lifestyle. Benefits of worksite wellness programs for employees include:

- Weight reduction
- Improved physical fitness
- Increased stamina
- Lower levels of stress
- Increased well-being, self-image and self-esteem
- Increased productivity
- Improved satisfaction

Unfortunately, it is rare for any individual to be free of every and all health risks. These health risks vary greatly from person to person and include lack of sleep and/or exercise, increased stress, smoking, cardiovascular risks, depression and alcohol dependence. Worksite Wellness can help you adopt positive behavioral changes to reduce your risk factors and hopefully increase your quality of life. Worksite Wellness offers health assessments, exercise testing and programs, stress testing, heart disease education, nutritional assessments, diabetes education, referral services and much more. The LSSU Worksite Wellness program offers individual and group programs in an effort to maximize the benefits for employees. Remember that YOUR program is available when you are in need of help!

Upcoming Events

Workout days

(Norris 213 and SAC)

October

18th - 5:45 pm

25th - 5:45 pm

November

1st - 5:45 pm

8th - 5:45 pm

15th: 5:45 pm

Educational days

(12:00-1:00 p Norris 213)

October

14th - Essential Yoga

28th - Foam Roller Ex.

November

11th - No Excuse Workout

December

12th- Circuit Training

Basics

Are You Really Getting Enough Daily Activity?

Do you spend a lot of time sitting? Whether in front of a TV, computer, desk...it can be very detrimental to your health. Research has found that people with desk jobs are likely to lose muscle tone, suffer from decreased bone density, experience back pain, gain weight, suffer from increased stress and are at higher risk for diabetes, high cholesterol and cardiovascular disease. While we sit, our large muscle groups basically 'shut-down,' resulting in a slower metabolism. A study by the American Council on Exercise found that those whose jobs require them to sit at least six hours a day are twice as likely to be overweight as those who sit for less than 45 minutes a day at work. A large number of us try to complete regular exercise to compensate for our desk jobs and for overall health. Unfortunately, it may not be enough. We know that we are extremely more sedentary than our ancestors. A study that reenacted the lifestyle of people living in 1850 found that people walked, on average, the equivalent of 3-8 more miles than a person with a desk job today. That is a lot of exercise. You may think that your exercise program is enough to keep you healthy and fit, but if you work at a desk, your program may not be enough. New research suggests that regardless of how much you exercise or how 'fit' you are, the more you sit (hours per day), the greater likelihood of dying an earlier death. We have to look at our total, overall activity to judge our lifestyle, rather than only relying on the hour, or so, we put in at the gym each day. For example, scientists at the University of Missouri found that people who ran 35 miles per week, but were mostly sedentary or moderately sedentary the rest of the time, burned significantly less calories per week than people who did not participate in a regular exercise program, but had high levels of non-exercise activity. A sales clerk can burn 500 calories or more per day as compared to somebody who sits at a desk. Thus, sitting, versus just standing, can result in a 15 or more pound weight gain over a 6-8 month period. We need to start thinking about our overall lifestyle, and make it as active as possible, to ensure our health and highest possible quality of life. Here are some tips for increasing your overall activity at work:

- **Take a 15-20 minute walk during your breaks.**
- **Get out of your chair at least once an hour. Look for every opportunity to stand!**
- **Rid yourself of excuses by being equipped with healthy food and walking shoes.**
- **Invest in workout equipment for your office (resistance bands or hand weights)**
- **Do stretches at your desk.**
- **Look for every opportunity to increase your activity: take the stairs, park in the furthest parking spot, walk the longest route to your destination, stand while talking on the phone, use the furthest restroom.**
- **Wear a pedometer. Gradually increase your steps to 10,000 per day.**



Healthy U: Current Research Findings From Around the World

- Scientists find that vitamin D could lower the risk of developing type 2 diabetes. Read more: <http://www.sciencedaily.com/releases/2011/10/111004132813.htm>
- Want to "Beat Father Time?" A researcher states "Physical condition is the most important factor in describing an individual's overall health, almost like a report card." Thus, a fit 50 year old can be every bit as healthy as a 20 year old person! Don't believe it, then read more at: <http://www.sciencedaily.com/releases/2011/10/111011074635.htm>
- Has your child been asking you to buy him/her a "power bracelet" or have you been contemplating purchasing one for yourself? These bracelets claim that the "holograms in these bracelets are programmed with special frequencies designed to restore our energy balance and improve our strength, flexibility and balance." Skeptical? Well, so am I, but you have to read the article to know for sure! <http://www.acefitness.org/certifiednewsarticle/1261/>
- Forget about the "power bracelet", I want to know more about "toning shoes." Do they really tone my behind and help me burn more calories? Discover the facts at: <http://www.acefitness.org/certifiednewsarticle/720/>
- Great news! Scientists have actually discovered that we can alter our genetic predisposition for heart disease by eating lots of fruits and raw vegetables!! Got to read this: <http://www.sciencedaily.com/releases/2011/10/111011171553.htm>