

# Wellness @Work

December 2012

## Healthy Habits at Work

Trying to stay fit isn't easy, especially during the holidays.

Did you know 70% of the illnesses requiring health care treatment are preventable? That means each of us controls, to a large degree, whether we become sick.

You can make **A New Start** in 2013 with these tips to make the most of your time at work.

**Commute by walking or biking to work.** Park at the far end of the parking lot and walk the rest of the way or take the stairs instead of the elevator.

**Burn more calories** by standing rather than sitting.

Instead of having coffee in the break room, take a **brisk walk or do some stretches**.

**Trade your office chair for a fitness ball** to improve your core muscles while sitting at your desk.

**Keep resistance bands or small hand weights** in your drawer to do arm curls between meetings or tasks.

### A New Start

- A** Attitude
- N** Nutrition
- E** Exercise
- W** Water
- S** Stress reduction
- T** Take care of yourself
- A** Air quality
- R** Rest
- T** Trust your spirituality



**Book hotels with a fitness center** or bring jump ropes or resistance bands with you to work out in your room.

**Try a treadmill** desk to walk while you work!

Source:  
[www.Mayoclinic.com](http://www.Mayoclinic.com)



Organize a lunchtime **walking group**.

When convenient, **schedule walking meetings** or walking brainstorming sessions.

If your job involves walking, **walk faster**.

### MED-1 Services

#### Screenings

- Biometric
- Cholesterol
- Diabetes
- Colo-rectal cancer
- PSA

#### Specialized Programs

- Health risk appraisals
- Immunizations
- Smoking cessation
- Customized worksite programs
- Drug free worksite
- Special exams

#### Education

- CPR/First Aid training
- AED programs
- Wellness coaching
- Health fairs
- Wellness education



Wellness at Work is a informational publication provided by

MED-1 Occupational Health System to facilitate health and wellness initiatives for employees.

For more information on any topics presented or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — [www.med1services.com](http://www.med1services.com).

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## A Healthy Workplace

Living a healthy lifestyle involves many things including eating a balanced diet. Choosing to eat healthy is not as hard as it seems. Making just a few small changes to your diet can greatly improve your health.



**Why should a workplace be concerned about healthy eating?**

Healthy eating and active living, combined with a positive outlook, can lead to:

- ✓ Reduced risk of heart disease and some forms of cancer;
- ✓ Elevated mood, energy, and self-esteem; and
- ✓ Reduced anxiety and stress.

While it's most important for employers to provide a safe and healthy workplace, encouraging healthy lifestyles at work and at home increases the benefits.

### Statewide call to action

According to a recent report from MiOSHA, obesity is the root cause of most chronic illnesses. The consequences of obesity are Type 2 diabetes, heart disease, arthritis, stroke, and dementia. Currently in Michigan, 2.5 million adults are obese and many already show signs of chronic illnesses.

*If changes are not made, the percent of obesity in our population will reach 50% by 2030.*



According to the CDC, 75% of total healthcare expenditures are associated with treating chronic diseases. Reducing BMI rates to lower levels and achieving improved health could save over \$13 billion annually in unnecessary health care costs.

### Practicing Key Behaviors

The number one component for practicing health behaviors is maintaining a healthy diet. Research shows that healthy eating contributes greatly to maintaining a healthy body weight and overall health. Other healthy behaviors include regular exercise, annual physical exams, and avoiding all tobacco use and exposure.



These four key health measures will respond positively to healthy habits:

- ✓ Body Mass Index (BMI)
- ✓ Blood Pressure
- ✓ Cholesterol Level
- ✓ Blood Glucose Level

## 10 Heart Healthy Tips

- 1 **Check nutrition labels** for foods low in fat, saturated fat, trans fat, cholesterol, salt and added sugar.
- 2 **Eat a variety of fruits and veggies each day.** They are high in antioxidant vitamins, minerals and fiber and low in calories.
- 3 **Choose more whole grains.** Try whole grain breads, rice, pasta and cereals.
- 4 **Choose low fat or fat free dairy products.**
- 5 **Improve cholesterol levels** and reduce inflammation by using extra virgin olive oil when cooking.
- 6 **Eat foods with Omega-3 fatty acids** at least two times per week. Good sources include oily fish, walnuts, ground flaxseeds and soybeans.
- 7 **Avoid foods with partially hydrogenated oil or trans-fat.**
- 8 **Watch out for "hidden" types of sugar** such as corn syrup, fructose, dextrose, maltose and maple syrup.
- 9 **Cut back on processed foods.**
- 10 **Watch portion sizes.** You don't need to completely avoid your favorite foods just eat them in moderation.

For more information on The Michigan Health and Wellness 4 x 4 Plan, June 2012, visit [www.michigan.gov/miosha](http://www.michigan.gov/miosha).