



You Only Need to Exercise On The Days You Eat and Other Tips For Optimal Health

-Wendy Simmons, Spring 2009

Goals and Activities

- Research/observe best practices for Employee Wellness Programs
- Gather information/ideas for wellness programming and policies
- Attend wellness conferences
- Work locally to create wellness network
- Write OEA Choice Wellness Trust Grant

IWCC
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WELLNESS
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Keynote: Mind-Body Wellness as the Key to Health

- Dr. Ron Peters, M.D., author
- Our medical model = disease management with pharmaceutical support
- Causes of chronic disease: Patient responsibility, doctor responsibility, food industry, society responsibility
- 95% of every health care dollar is spent on treating illness and conditions after they occur

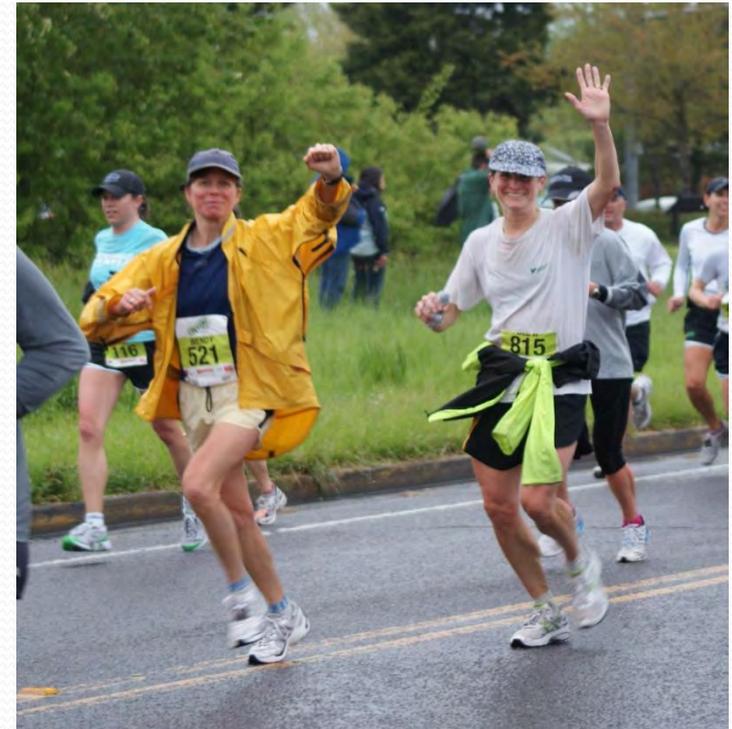
Dr. Ron Peters keynote

- “Medical textbooks state that 60 – 80% of illnesses are due to stress or other mind/body factors.”
- “Either you express your emotions or your body will.”
- “Whatever is revealed is healed.”



Dr. Ron Peters keynote

- “When we have done our part within, the exterior will unfold itself automatically.” - Johann Wolfgang von Goethe
- **OHT #2: Talk, Heal emotion wounds, Stress management (meditation, relaxation or exercise), Optimal nutrition, regular physical activity**



PeaceHealth Wellness

- Make it easier for people to create healthy habits; look at the built environment
- E.g. Make the stairs more inviting; walking maps/signs posted:
- <http://www.biertijd.com/mediaplayer/?itemid=16297>

Treadmill Desks



Let's Make our Work Place Healthy

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“My job is giving me migraines, high blood pressure, chest pains, and bleeding ulcers. I’d quit, but I like their health plan.”



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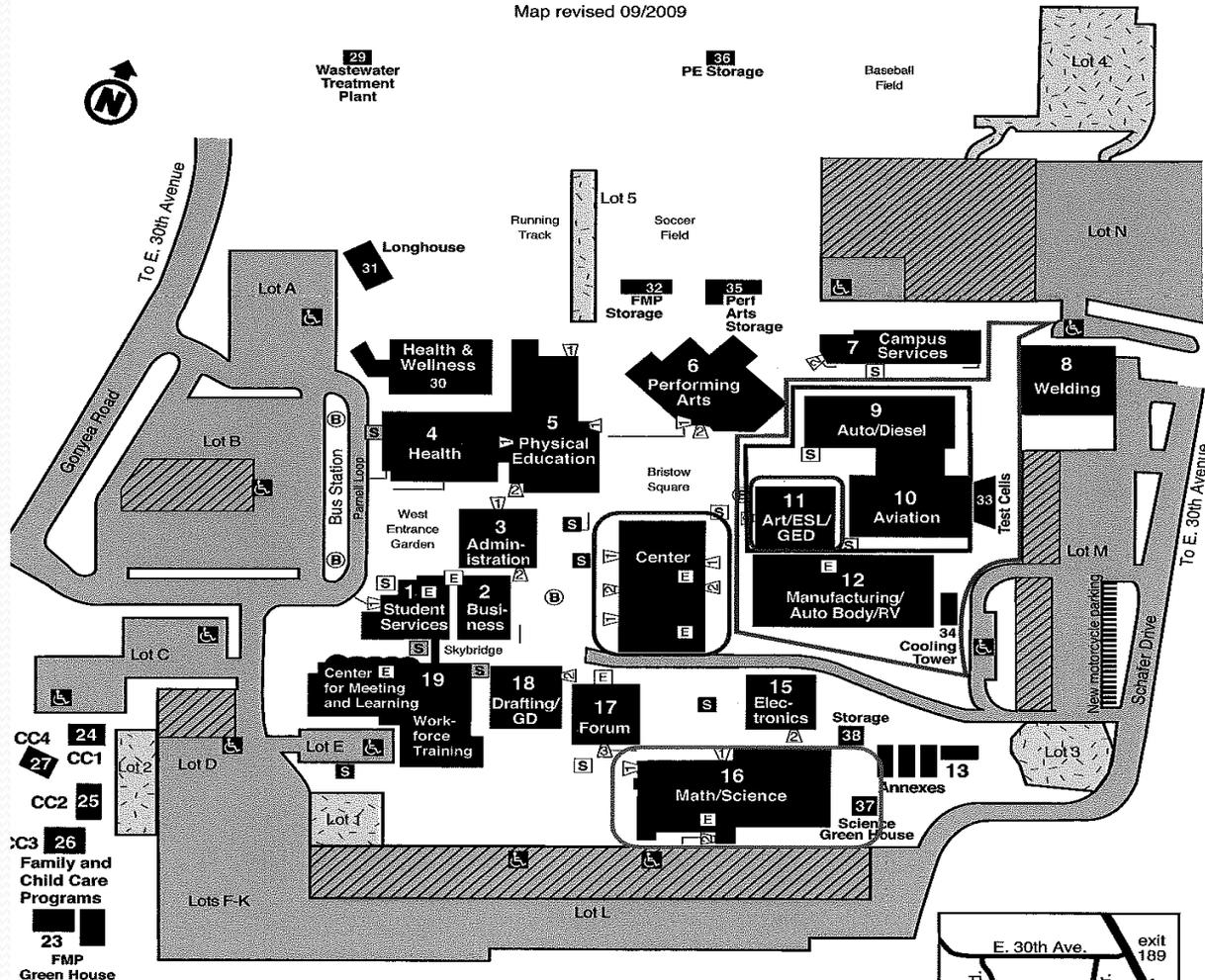
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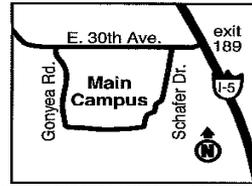
Map revised 09/2009



- CC4 24
- CC1 27
- CC2 25
- CC3 26
- Family and Child Care Programs
- 23 FMP Green House

KEY

- Ⓟ Bicycle Parking
- Ⓜ Elevator
- Wheelchair Ramp
- Ⓜ Electric Door—number designates floor
- Ⓜ Parking with Handicapped Permit
- ▨ Compact parking
- Ⓜ Gravel Parking Areas
- ≡ New motorcycle parking

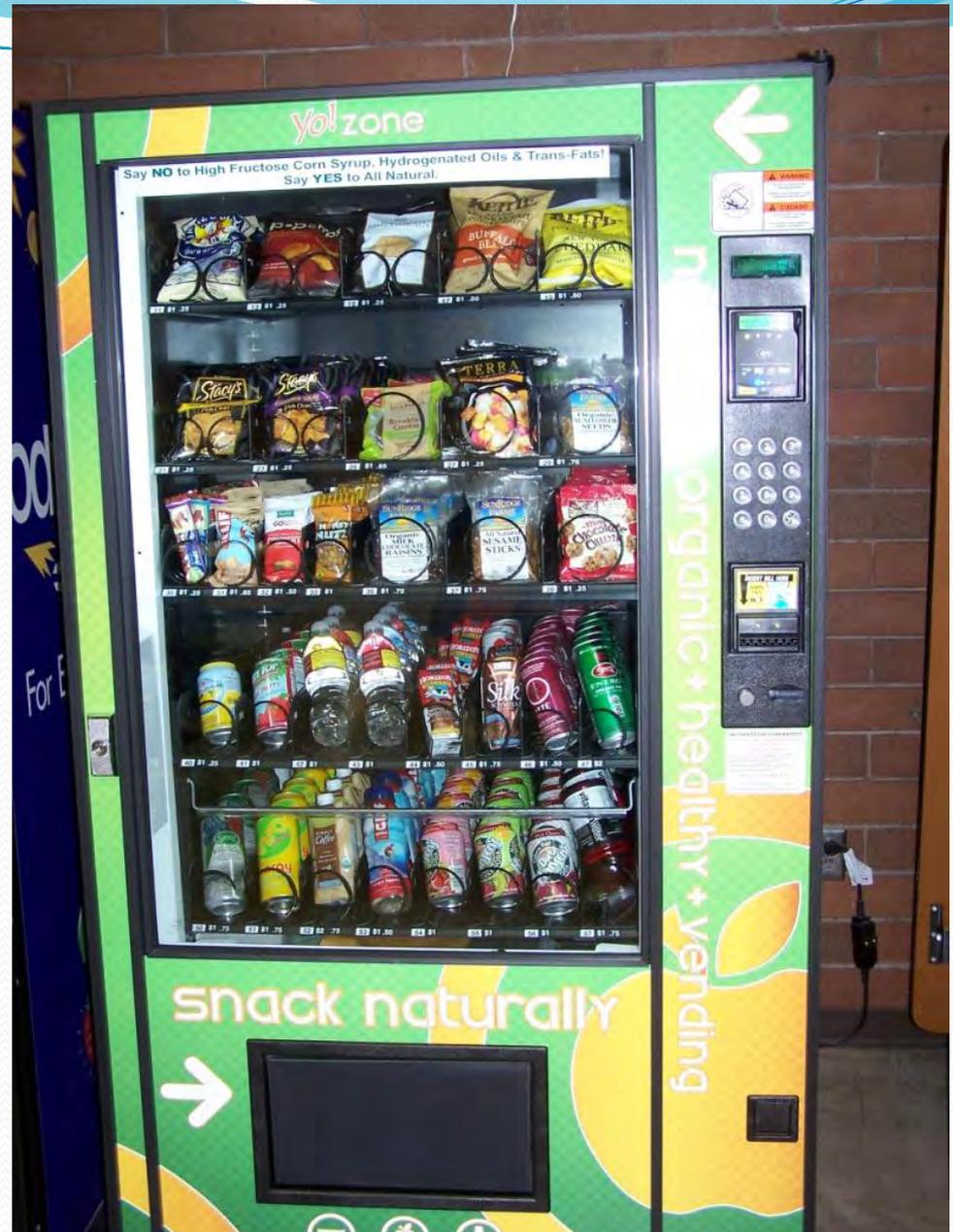


STRETCHWARE™

The Software That Reminds You
to **S T R E T C H !**



Healthier Vending Machines Throughout campus



Healthy Built Environment

- Workout facilities; shower/locker rooms; encourage walking/biking; Healthy food options at meetings and in vending machines
- **OHT #3: Be a part of this environment: try walking breaks/meetings; standing/stretching at your desk; use fitness facilities; encourage polices for healthy foods at meetings; take the stairs, etc.**

If you build it they will come



And come back for more

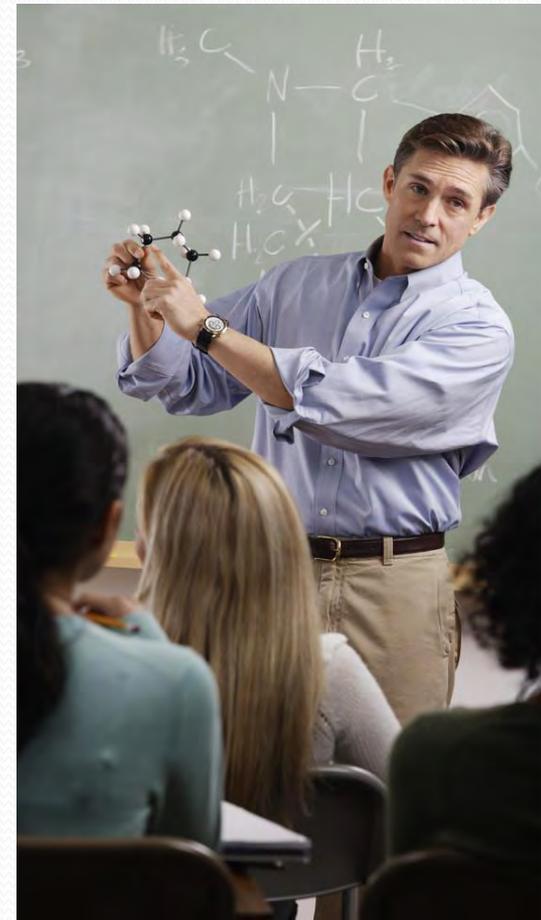


The Science of Sedentary Behavior

- News Flash: Too much sitting is hazardous to your health!
- Sedentary activities: working at a desk or on a computer, driving, watching TV, technology activities, eating a meal
- You can be “active”, but also highly sedentary (e.g. 71% of the time); the more sedentary time you spend = higher increase in blood glucose
- 1950’s research: men in physically active jobs vs. inactive, had less CAD during middle age and less severe disease

The Science of Sedentary Behavior

- Sitting vs. standing:
- Higher insulin concentrations, glucose, lipoproteins, tryglycerides.... when sitting
- It does help to break up sedentary time.
- Compare the same amount of sedentary time in two groups, but one group breaks up their time seated with standing breaks...



Plausible Waking-Day Metabolic Profile of an “Active Couch Potato”

- Wake-up at 7:00 a.m.
- Do structured workout – 60 minutes
- Eat breakfast – 30 minutes
- Drive to work – 45 minutes
- Work at computer – 4 hours



Plausible Waking-Day Metabolic Profile of an “Active Couch Potato”

- Eat lunch – 45 minutes
- Work at computer – 4 hours
- Drive home – 45 minutes
- Eat dinner – 45 minutes
- Watch TV/Read 3.5 hours
- Go to sleep at 11:00 p.m.



OHT #4: Implement a plan to reduce sedentary behavior

- Stand up and walk around the office every 30 minutes
- Stand up and get some water
- Go to the farthest bathroom in your building
- Always stand and/or walk around the room when on the phone
- Take a 5-minute walk break with every coffee break
- Walk to a colleague's office instead of emailing
- Use Stretchware



National Wellness Conference

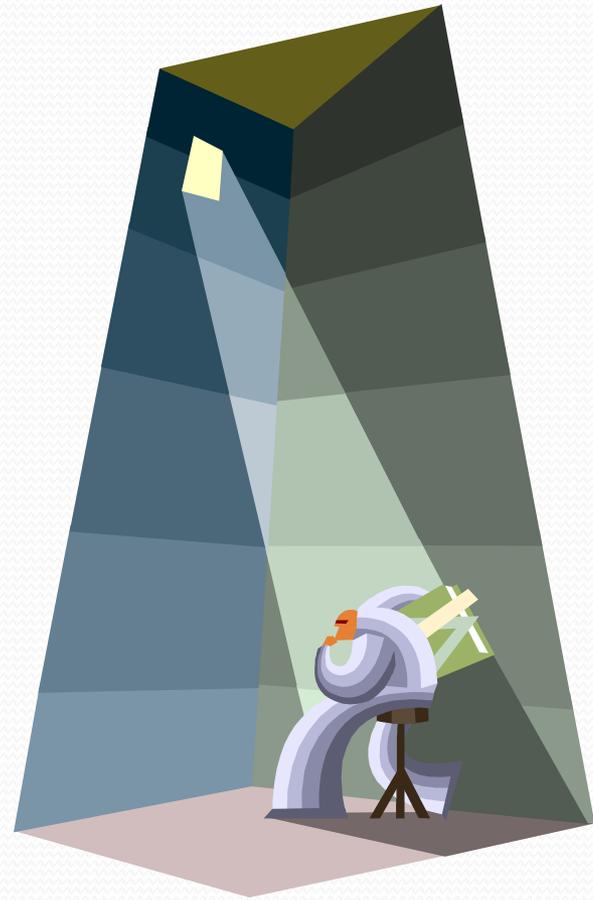


The Healing Power of Love and Intimacy & Relationships

- Traditional Cardiovascular Risk Factors: High blood lipids, tobacco use, DM, Htn, Physical Inactivity, High alcohol intake, Family history
- New Cardiovascular Risk Factors: Isolation/Loneliness, Stress and/or Hostility (only tobacco is a greater risk for CV disease than psychological factors) – Dr. Dean Ornish



Anything that promotes a sense of isolation leads to illness and suffering.



Anything that promotes a sense of love & intimacy, connection and community is healing.



Love & Intimacy

- Love: Respecting & accepting others for who they are and who they want to become; Promoting emotional/spiritual growth of others;
- Using good communication skills
- Seeing each other as whole and complete, vs. having the “I can fix them” attitude
- Intimacy: “Into-me-see”; it’s our greatest need and greatest fear; it’s self-revelation and vulnerability; accepting responsibility for our feelings

Dr. Ornish:

- “I am not aware of any other factor in medicine - not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery – that has a greater impact on our quality of life, incidence of disease and premature death from all causes than love and intimacy. At all ages and stages of life, there is a strong connection between our health and our human need for connection with others.”



Some Major Research Findings

- People who are lonely, depressed or isolated are 3-5 x's more likely to die prematurely.
- Yale Study of 119 men and 40 women – examined coronary angiograms and compared results with degree of love felt...
- Study on 202 women with acute coronary events and the chance of recurrent events...



OHT #5 Find pathways to Intimacy and Love

- Learn to communicate your feelings vs. thoughts
- Spend more time with friends/family
- Join or start groups with similar interests
- Common shared experiences build trust → creates safety/promotes self-disclosure, → understanding, empathy → connects us, allows for healing



OHT #5 Find pathways to Intimacy and Love continued

- Build intimate partner relationships
- Make physical contact; touching is intimate. E.g. a pat on the back, shake hands, get a pet, kiss and hug the people and pets you love



Positivity

- A range of positive emotions: appreciation to love, amusement to joy, hope to gratitude... goes beyond self-talk
- Doesn't mean “Grin and bear it” or “Don't worry, be happy” – Barbara Fredrickson
- Heart-felt
- It's fleeting



Positivity

- “Life gives us negativity. It’s our job to create positivity.” – Barbara Fredrickson
- “Every situation has a good side and a bad side; each moment you decide.”
- No emotion is banned
- We need negative emotions too



The Flourish Hypothesis

- Positivity is an active ingredient within human flourishing.
- How much positive affect is needed to flourish?
- Pos: Neg > or = to 3 to 1
- Pos: Neg < 11 : 1
- Most Americans are at 2 to 1

- Check out <http://www.positivityratio.com> to check your ratio

Negative vs. positive emotions

- Negative emotions narrow options and lead to specific action urges: Anger, Attack, Fear, Escape - Fredrickson (2001)
- Positive emotions widen the array of thoughts and action urges that come to mind: Joy, Play, Create, Push Limits, Contentment, Sit Back & Savor Life Circumstances
- E.g. those who regularly receive recognition and praise at the workplace are more productive, happier, and better at customer service

The Undo Hypothesis

- If negative emotions narrow and positive emotions broaden....then positive emotions should be efficient antidotes for the lingering aftereffects of negative emotions.
- i.e., positive emotions can undo the effects of negative emotions



Positive Emotions:

- Broaden Attention and Thinking
- Undo lingering negative emotions
- Fuel Psychological Resilience
- Build enduring personal resources
- **Not only for individuals, but for groups of people, within families, communities, schools, colleges, and organizations too**



8 Fairly Simple Ways to Increase Positive Emotions in the Workplace

- Gratitude Letters/Visits; *to a colleague*
- Altruistic Acts; *specifically in the workplace*
- Mindfulness/Relaxation Activities *during breaks*
- Discover and Implement Strengths *daily at work and leisure*
- Nurture relationships, *including those with colleagues*
- Talk about the good stuff, not just problems



OHT#6 Increase your positivity ratio

- To change emotional habits, it takes as much as changing any other behavior (e.g. daily exercise, losing weight, adding fruits/vegetables to your diet...)
- You can train your mind, eyes and heart to the positivity in your life.
- Find Positive meaning
- Acts of Kindness
- Connect with others
- Visualize success



Positivity

- *“You have --within you --the fuel to thrive and to flourish, and to leave this world in better shape than you found it. Sometimes you tap into this fuel –other times you don’t. But the sad fact is that most people have no idea how to tap into this fuel or even recognize it when they do. Where is this fuel within you?”*

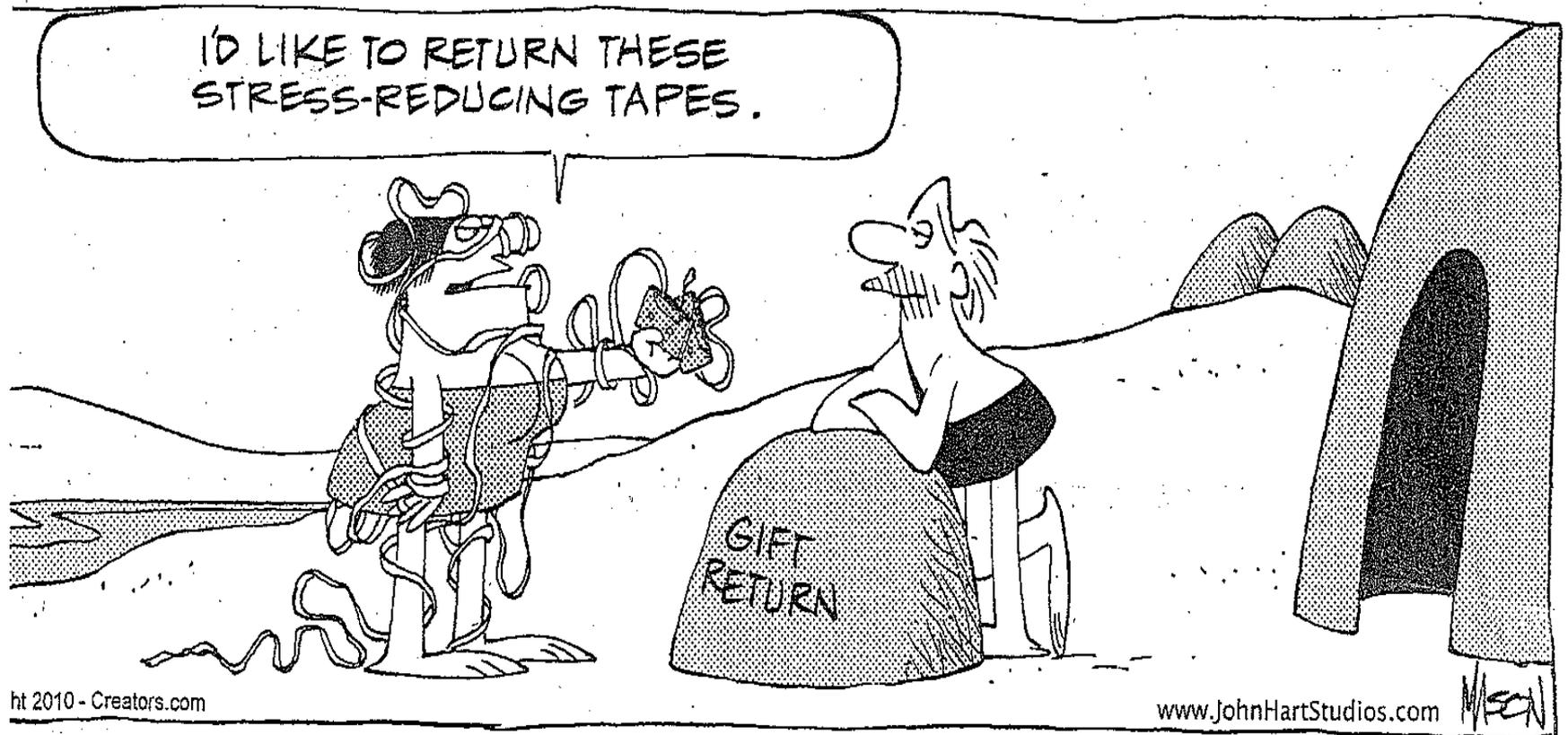


Positivity

- *You tap into it whenever you feel energized and excited by new ideas. You tap into it whenever you feel at one with your surroundings, at peace. You tap into it whenever you feel playful, creative, or silly.*
- *You tap into it whenever you feel connected to others & loved. In short, you tap into it whenever positive emotions resonate within you.”*
- Barbara Fredrickson, Positive Psychologist



Start gradually, what could you add? What could you take away?



Optimal Health Tips Summary

- Exercise on the days you eat
- Take a mind/body approach to health: Talk about your feelings, Do stress management (meditation, relaxation or exercise)
- Help create a supportive environment for health - Encourage healthy behaviors at work (and home); Support policies that promote wellness

Optimal Health Tips Summary

- Sit less, stand/move more
- Reach out, make connections, improve relationships: you'll live longer and better
- Increase the positivity in your life

