Improving Health and Wellness at Work

Presented by

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Sedentary Lifestyle Health Risks

• Anxiety
• Cardiovascular Disease
• Colon Cancer
• Depression
• Diabetes
• High Blood Pressure
• High Cholesterol
• Obesity
• Osteoporosis
• Scoliosis
• Spinal disc herniation (low back pain)
Ways to Increase Physical Activity at Work
Healthy Eating at Work

- Don’t eat at your desk
- Bring a healthy, protein packed lunch
- Bring a refillable bottle for water
- Stay away from vending machines
- Keep healthy snacks at your desk
Protein Packed Snacks – Watch Portion Sizes!

- Jerky
- Boiled eggs
- Trail Mix or mixed nuts
- Deli Roll Ups
- Protein Bars – Kind
- Hummus and veggies
- Greek Yogurt and granola or fruit
- Reduced fat cheese
- Peanut butter with veggies/fruit
- Almonds
- Tuna with whole grain crackers
Stress Management

• What is Stress?
  • Some stress is normal and helpful
  • Most of the time, caused by daily hassles and events
  • Sudden life changes

• Know the signs of stress
  • Nervous, angry, irritable, tired, depressed, excited, tense in the neck and shoulders, worried
Areas of the body affected by stress

- Brain and nerves
- Muscles and joints
- Heart
- Stomach
- Pancreas
- Intestines
- Reproductive system
Take Small Steps to Relieve Stress

- Stop and count to 10 before you react
- Go for a walk
- Take a few slow, deep breaths
- Focus on positive thoughts
- Listen to music
- Stretch your muscles
- Take a hot bath or shower
- Massage neck and shoulders to release tension
Relaxation Techniques

- **Fight Response** – angry, agitated, or keyed up under stress?
  - Meditate, deep breathing, guided imagery, dark room

- **Flight Response** – depressed, withdrawn, spaced out under stress?
  - Rhythmic exercise, massage, mindfulness, yoga

- **Immobilization Response** – freeze or become stuck under stress?
  - Running, dancing, tai chi – perform it mindfully focusing on the body as you move
Ergonomics

- The study of people’s efficiency in their working environment
- Goal: reduce stress and eliminate injuries and disorders
- Avoid static or prolonged postures
- Take frequent breaks
- Use good posture when sitting
CORRECT SITTING POSTURE

- Upper back straight with shoulders relaxed at your sides.
- Backrest of the chair supports curve in the lower back.
- Hips as far back of the chair as possible.
- Adjustable seat for optimal height.
- Top of monitor at eye level or slightly below.
- Arms relaxed at sides with upper and lower arm forming a 90° angle. Wrists straight with fingers relaxed.
- Lower legs at a 90° to 110° angle of thighs with adjustable leg room above.
- Feet flat on the ground or resting on a footrest.
Stretching and Exercising at Your Desk
Neck and Shoulder Stretches
Wrist/Forearm Stretch

- Stretch 1
- Stretch 2

Triceps Stretch
Upper Back Stretches
Quadriceps and Hip Flexor Stretch
Exercises You Can Do At Your Desk
Importance of Workplace Health and Safety

• Everyone has health risks to some degree:
  • Unhealthy Eating
  • Lack of Exercise or Sleep
  • Drinking alcohol
  • Smoking
  • Genetic Disease or disorder

• Helps limit the time taken for missed work days
• Helps limit chronic pain or chronic disease such as high blood pressure or diabetes
• Improves quality of life and enhances personal effectiveness
What can you do today to improve your health and fitness?
Questions?
For those online or on phone, You can reach me at 225-298-7667 or by email at ClaiborneNurse@bcbsla.com anytime.