

Although Heart Disease, Cancer and Stroke are the top three causes of death in the U.S., the actual causes of these are lifestyle choices that we can modify!

- Tobacco use
- Obesity
- Inactivity
- Poor Diet

What has caused this increase in Inactivity, Obesity & Poor Diet?

- Lack of time in a very fast-paced society
- Convenience of “quick” food: Fast-food, Restaurant curbside pick-up,
- Restaurant serving large portion sizes high in BAD nutrition (Saturated Fat, Trans Fat, high Cholesterol, High in Calories, high in Sodium), and very low in GOOD nutrition (fiber, complex carbohydrates, vitamins, minerals)
- Restaurants, fast-food, cafeterias, vending machines with very few “healthy” options.
- Modern Labor-saving devices increasing Inactivity: computers, cell phones, remote controls,

What does Employee Wellness do for you and your company?

- Reduced healthcare costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Improved employee relations and morale
- Increased productivity

The 6 Dimensions of Wellness (ESPIES)

Emotional Wellness

Optimism, trust, self-esteem, self-acceptance, self-control, self-confidence, communicate feelings/thoughts

Social/Interpersonal Wellness

Satisfying relationships, capacity for intimacy, network of supportive friends/family members

Physical Wellness

Eating well, exercising, avoiding harmful habits, learning about and recognizing signs of disease, regular doctor visits, avoid injuries

Intellectual Wellness

Openness to new ideas, capacity to question and think critically, motivation to master new skills creativity, curiosity

Environmental Wellness

Health of the planet

Spiritual Wellness

Possess a set of guiding beliefs, principles, values that give meaning and purpose to your life

The New Healthy You!



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The 4 C's of Health

You have the **CHOICE** to **CHANGE** your behaviors to **CONTROL** your Health and well being, or you will suffer the **CONSEQUENCES!**

TAKE CHARGE OF YOUR HEALTH AND WELLNESS NOW!!!!!!!

Quotes from two Health students:

"The most important thing I learned in this class was to wakeup and take control of my health and my life. Before this class I thought I had all the time in the world to get healthy and that it wouldn't affect me till way later in life. But, what I have learned is we are aging every second and the sooner we change our lifestyles for the better the healthier we will be."

"I can only strive to be better than I was yesterday and prepare for an even better tomorrow, today!"

Find the **MOTIVATION** to become **HEALTHY!**

Increase quality and quantity of life!

What Motivates you?

Do you need to set rewards for your healthy accomplishments?

GET OUT THERE AND MOVE!

Benefits of Exercise:

Improve cardiorespiratory function, more efficient metabolism, improve body composition, prevent disease, improve psychological/emotional wellness, improve immune function, prevent low-back pain/injuries, increase overall quality of life

Increase basic activity

Park further away, walk to talk to a co-worker, don't use a remote control, ride a bike or walk to work, use the stairs instead of an elevator, wash your own car, do your own yard work,

Setting up an Exercise Program

REDUCE STRESS!

$$E + R = O$$

Everyone experiences Stressful **Events**, it is each individual's **Response** that dictates the **Outcome**.

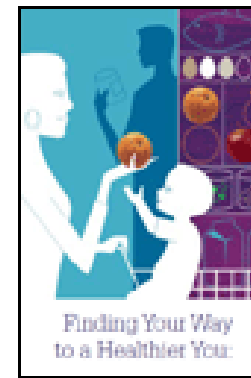
Ways to Deal with Stress

- Take some time to RELAX!
- Use the steps to effective Problem solving.
- Exercise.
- Sleep.
- Use proper nutrition.
- Effective Time Management
- Maintain a sense of humor!

WEIGHT MANAGEMENT

CALORIES IN = CALORIES OUT: Maintain weight
CALORIES IN > CALORIES OUT: Gain weight
CALORIES IN < CALORIES OUT: Lose weight!

1 pound = 3500 calories



EAT RIGHT!

NUTRITION: To know the facts...

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, trans fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

Check servings and calories. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.