



Palomar College "Biggest Exerciser" award



**PRESIDENTS COUNCIL on
PHYSICAL FITNESS and SPORT:
The Presidents Fitness Challenge**

Using the Presidents challenge website, TEAM LIFE will be keeping track of your weekly exercise program. This is a very easy to use website where you can keep track of your exercise routine. Every time you input your daily exercise into the system you are awarded points. TEAM LIFE will be able to see a weekly result for the top 10 members of the group.

To start using the website and join the Palomar College group use the following steps:

Go to http://www.PresidentsChallenge.org/login/register_individual.aspx

Fill out the registration form

The GROUP ID: 79183

Your MEMBER ID: use your first initial and last name

Then start logging your activities!

WHAT IS THE PRESIDENTS CHALLENGE?

The President's Challenge is a series of programs designed to help improve anyone's activity level. Joining a group is a great way to make staying active easy.

To learn more about the President's Challenge, go to:

<http://www.PresidentsChallenge.org>

WHY JOIN?

Staying active with others can be a lot of fun. They'll help keep you motivated - even when you don't really feel like it. Groups are a great way to meet new people. There are even programs for people at different activity levels: the Active Lifestyle program aimed at beginners, and the Presidential Champions program for those who are already active.

Signing up for a group is simple. And there's no limit to how many you can belong to. You can join or leave at any time. All you have to do is register. It's quick, and there's no cost just to participate!

Workplace Physical Wellness Facts:

34% of adults aged 20-74 are obese (BMI greater than or equal to 30), up from 15% in 1980.

Physical inactivity, overweight, and obesity are responsible for an estimated 27% of national health care charges.

Physically active people have fewer hospital stays and physician visits and use less medication than people who are inactive.

Average annual health care costs for obese adults (those with a body mass index (BMI) equal to or more than 30) are 36% higher when compared to normal weight individuals (with a BMI less than 25).

Studies show an average savings of \$3.93 per dollar invested in a worksite health promotion program.

Chronic disease is showing up most often among employees between the ages of 45 and 59 worldwide.

Chronic diseases (heart disease, diabetes, cancer, stroke) are responsible for 7 in 10 deaths in the United States and are the most costly diseases to treat; however, they are largely preventable through lifestyle modifications, including increased physical activity.

Employees suffering from hypertension, heart disease, or depression and mental illness have the greatest impact on productivity and cost American businesses roughly \$392, \$368, and \$348 respectively per year for treatment, prescription drugs, absenteeism, and short-term disability. These chronic conditions are preventable and/or symptoms improved through modifications to lifestyle including the incorporation of physical activity.

Average health care expenditures for people with diabetes run about \$13,243 per person, compared with \$2,650 per person for people without diabetes. Even after the differences in age, sex, race and ethnicity are taken into account, people with diabetes had medical expenditures that were 2.4 times higher than comparable people without diabetes.

Reference: www.fitness.gov

QUESTIONS? CONTACT Kelly Falcone, kfalcone@palomar.edu, ext 3643