

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



TOGETHER
EVALUATING
ASSESSING
MANAGING
LIFE
IMPROVEMENTS
FOR
EMPLOYEES

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!**

The 6 Dimensions of Wellness

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

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

Do you have the Motivation to be healthy? How to build the motivation to change.

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.

U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

GET OUT THERE AND MOVE!

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,

10,000 Steps a Day!

You should be taking at least 10,000 steps everyday! How many are you taking?

Setting up an Exercise Program

Cardio: 3-5 days/week

Strength train: 2-3 days/week

Flexibility 2-3 days/week

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