

Fitness At Work

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Park Nicollet HealthSource

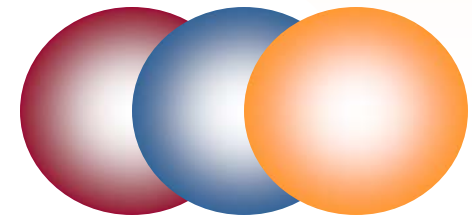
Program Manager

Cargill, Working On Wellness (W.O.W.)

Wellness Center



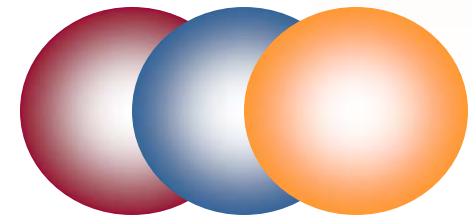
- **Why Strive for a Fitness At Work?**
- **Preprogram Considerations**
- **Program Considerations**
- **Program Ideas**
 - ◆ **Aerobic-Strengthen-Stretch**



Why strive for a “fit” workplace?

Regular physical activity can:

- **Increase productivity.**
- **Improve concentration.**
- **Provide employees with a higher level of job satisfaction.**
- **Keep employees healthier, less sick time.**

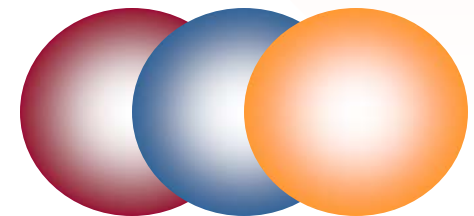


Onsite fitness facilities are a nice benefit, but not all worksites have the interest or budget. What are your fitness at work options without having to rely on facilities?



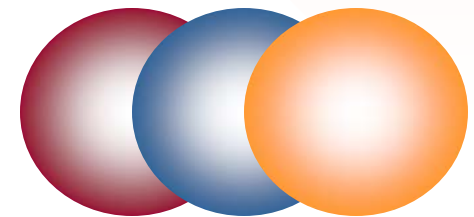
Preprogram Considerations

- **Establish your program goals and vision.**
- **What does “fit” mean to your worksite?**
- **Assess your employees with an interest survey. What types of programs would they like to see?**
- **What are your program goals and interests?**
 - ◆ **Increase activity?**
 - ◆ **Increase wellness awareness?**
 - ◆ **Manage stress?**
- **Tie activities to issues you may have in your office or organization.**



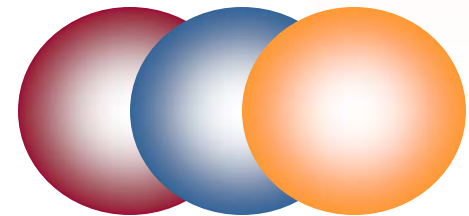
Gain Upper Management Support

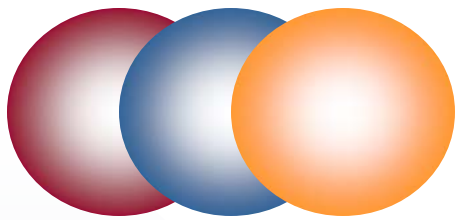
- **Even if your programs don't necessitate budget support of upper management, to have their buy in and, even better, participation, can mean greater success to your program.**
- **If upper management supports programs, employees often feel more comfortable participating.**



Program Considerations

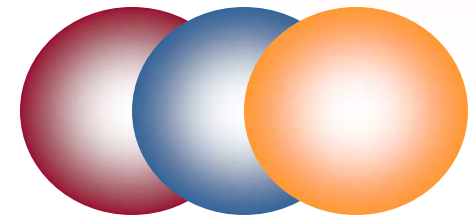
- **Is it friendly and inviting to all employees (inactive as well as active)?**
- **Is it easy to follow and track?**
- **Are the rules/guidelines simple and well defined?**
- **Are there weekly communications built into the program to keep in touch with participants and help them stay motivated and on track?**





“Those who do not find time for exercise will have to find time for illness.”

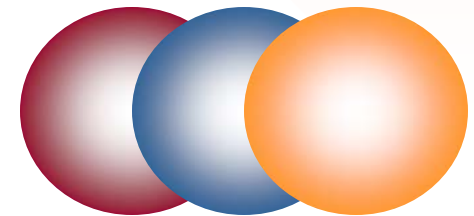
- Earl of Derby





Aerobic Activity Walk This Way!

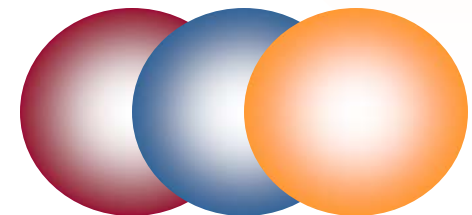
- **Walking clubs/groups**
 - ◆ mornings, breaks, lunch time
- **Indoor walking routes**
- **Outdoor walking routes**
- **Borrow a “Swifty” wheel to measure distances.**





Pedometers

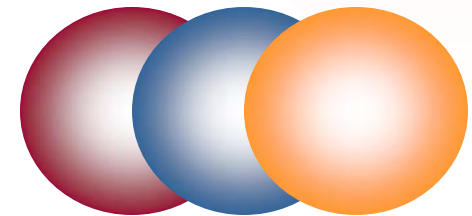
- **People love pedometers!**
- **Great tool for tracking steps**
- **To set a daily steps goal, do a pre-assessment:**
 - ◆ **How many steps do you average per day now?**
 - ◆ **Increase weekly steps goal gradually**
- **Creates fun in the workplace.**





Walking Program Ideas

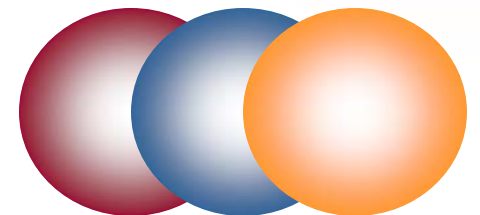
- **Keep track of steps or miles walked weekly, monthly, yearly. It is amazing how far you can go as a group!**
- **Walk to a chosen destination and celebrate when you get there.**
- **Based on number of steps converted to miles, what destinations could you have walked to?**





Strength At Work

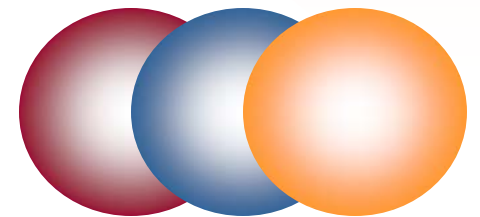
- **Strength training can easily be done at work.**
- **Xertubes are very versatile and can be used anywhere.**
- **Cube Workout:**
 - ◆ **Strength train with Xertube**
 - ◆ **Wall push ups**
 - ◆ **Chair dips**
 - ◆ **Squats**
- **Stability ball for a chair**
 - ◆ **Sitting on a stability ball causes you to keep better posture and engage more muscles, even while you are just sitting!**





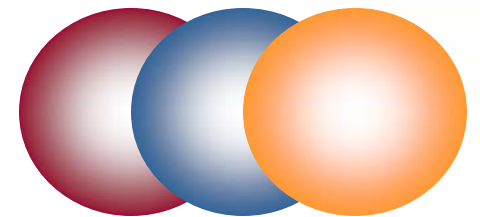
Stretch At Work

- **While at your desk, take time every 30-minutes break your posture and stretch.**
- **Stretching loosens up your muscles, revitalizes circulation and re-energizes you.**
- **Stretch both upper and lower body muscles routinely through the day.**



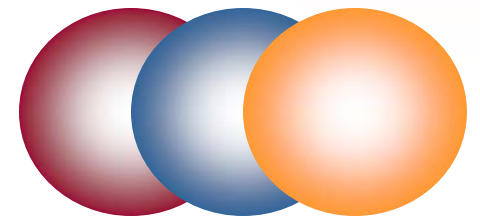
Other Fitness At Work Ideas

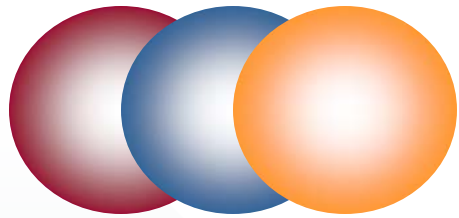
- ***Take A Break*** to stretch and strengthen.
- **Incorporate stretch breaks into meetings.**
- **Take the stairs!**
- **Park further away in the parking lot.**
- **Walk to talk to a coworker instead of e-mailing or calling.**
- **Drink lots of water = frequent restroom trips = extra steps in your day!**



Next Steps For Your Fitness At Work Programs

- Be creative
- Mix it up (variety)
- Make it fun
- Keep in touch/communicate
- Evaluate
- ***Keep moving!***





“The body of man is a machine which winds its own springs.”

- J. O. De La Mettrie

