



NORTHLAND REGIONAL CHAPTER AMERICAN COLLEGE of SPORTS MEDICINE

Worksite Health Promotion Group Newsletter, Issue 1, October 2007

The Worksite Health Promotion Group is open to all NACSM student and professional members who have a professional or personal interest in this area. The intent is to expand the educational, professional, and networking opportunities for those involved in worksite health promotion.

Welcome to the first issue of the Worksite Health Promotion Group Newsletter! This will be a quarterly electronic newsletter, which includes information of interest to members of the Northland Regional Chapter of ACSM and to those involved in worksite health promotion. The newsletter will typically include

- Current or hot topics in Worksite Health Promotion
- ACSM News and Information
- Links to new resources
- Information on upcoming events and trainings
- University and Student Internship and learning opportunities
- Membership information and ways to get involved

The Midwest Worksite Health Promotion Conference

[Register Now!](#) The Midwest Worksite Health Promotion Conference will be held October 25th, 2007, at the St. Paul RiverCentre. Hosted by Park Nicollet HealthSource, this conference is designed to provide worksite health promotion professionals with tools, skills and techniques to lead successful worksite

programs. Following this conference, participants should be able to:

- Recognize key success factors for beginning and mature worksite health programs.
- Apply practical information and effective program ideas for reducing employee health risks.
- Discuss the most current research on the return on investment and program evaluation in worksite health promotion.
- Identify strategies to create healthier work environments.
- Describe how to manage health trends within the health promotion program.
- For more information and to register:

<http://www.parknicollet.com/healthSource/midwestConference/index.cfm>

NACSM & Medtronic hosts 'Fitness at Work' event.

On September 19th, the Worksite Health Promotion Group hosted a discussion at Medtronic World Headquarters aimed at worksite health professionals. The event included a panel discussion with Beth Zenisek (Cargill Fitness Center/ Park

Nicollet HealthSource), Vince Pozinski (Medica Health Plan), and Chris Kimber (Minnesota Department of Health). The panel members discussed options for organizations to support fitness efforts in the workplace. There was great discussion and idea sharing both during and after the panel when attendees were able to share what they've done at their worksites. Access the [slides](#) from this session on the WHPG website. Look for more education events from NACSM and the WHPG coming next year!

Hot Topics and Resources

New ACSM Guidelines

The [American College of Sports Medicine](#) (ACSM) and the [American Heart Association](#) (AHA) have updated physical activity guidelines. These guidelines outline exercise recommendations for healthy adults (under 65) and older adults (over 65) and are an update from the 1995 guidelines. The updated guidelines feature a strength training recommendation and also clarify moderate and vigorous physical activity. To view the guidelines and changes, [click here](#).

Learn at your Desk!

Did you know that ACSM offers a 'Deskside Learning Series'? Past topics have included 'Essentials of Worksite Health Promotion' and 'Evaluation in the Applied Worksite Setting'. The learning series offers a distance education from the comfort of your home or office. Cost is \$25 per phone line and the series is presented through audio and web interaction. For access to past presentations and information on upcoming sessions, [click here](#) or visit www.acsm.org.

Tools you can use

Each newsletter we'll plan to feature a 'tool you can use', either from the ACSM website or another trusted source.

This month, check out the ACSM website for downloadable brochures you can pass on to patients, employees, co-workers, or others who are interested in health and fitness. Brochures are meant for consumers and are available on a wide variety of topics including tips on fitness and exercise, consumer product recommendations, and more. For more, go to www.acsm.org, click on General Public, then click on Brochures.

Student Opportunities

NACSM provides organizations the opportunity to post student internships on the member website. If your organization offers a worksite health promotion internship and you are interested in posting it on the NACSM website, email Dr. Daniel Carey at dgcarey@stthomas.edu. Please provide the name of your organization, location, contact name, phone number and email address. Include a company website and/or internship website if available.

Membership

The Worksite Health Promotion Group (WHPG) is open to all NACSM student and professional members who have a professional or personal interest in this area. The WHPG provides members the opportunity to learn about the latest worksite health promotion topics, trends and research, exchange ideas and network with other worksite health professionals. Benefits of WHPG include:

- Educational events and networking meetings

- E-newsletters
- Special fitness connections meetings
- Programs designed specifically for students
- Opportunity to attend NACSM events at the member rate

There are currently 71 NACSM members involved in the WHPG. If you are interested in being part of this group and joining the Northland Chapter of the ACSM go to <http://www.d.umn.edu/~nacsm> for additional membership information and registration form.

Student Memberships

Are you a college student interested in discovering and exploring different careers in the health promotion and fitness fields? As a student member of the NACSM Worksite Health Promotion Group you will have access to 1) professionals in the field 2) educational sessions and materials 3) internship and job postings, 4) networking opportunities and more. Student membership is only \$15 per year. To join, go to the Northland Chapter ACSM website at <http://www.d.umn.edu/~nacsm> and click on "membership" on the homepage. For more information on student opportunities, contact Dr. Daniel Carey at dgcarey@stthomas.edu

Get Involved!

Join the Worksite Health Promotion Group Committee

Volunteers play a vital role in the NACSM WHPG. All current chapter members are invited to express an interest in serving on the WHPG committee. [Click here](#) to access the committee roles and responsibilities. If you are interested in becoming a committee member, contact Murray Harber at 612-626-5755 or Mary Kruse at 952-993-1819.

Upcoming Conferences & Events

32nd Annual NACSM Meeting, 'Current Issues in Pediatric Health', October 4-5, 2007, Brookings, SD.

www.d.umn.edu/~nacsm/meetings/Fall2007/home.htm

HERO Forum Best Practice Workshop, October 1-3, 2007, New Orleans, LA.

www.the-hero.org

Institute for Health and Productivity Management (IHPM) Annual Forum, October 17-19, 2007. www.ihpm.org

Joint Forum on Health, Productivity and Absence Management, Sponsored by the NBGH and the Integrated Benefits Group (IBI), October 23-25, 2007.

www.businessgrouphealth.org

Midwest Worksite Health Conference, October 25th, 2007, St. Paul RiverCentre.

www.parknicollet.com/healthsource.

ACSM Health & Fitness Summit & Exposition, March 24-27, 2008, Long Beach, CA.

http://www.acsm.org/AM/Template.cfm?Section=Health_and_Fitness_Summit

ACSM's 55th Annual Meeting, May 28-31, 2008, Indianapolis, IN.

http://www.acsm.org/AM/Template.cfm?Section=Annual_Meeting2