

WORKPLACE WELLNESS

In the early 1960s, nearly 50 percent of private industry jobs in the U.S. required moderate physical activity. Today that number is at 20 percent, meaning we're spending more time sitting and at our desks than ever. Studies have shown that excessive sitting can decrease your life expectancy, and by reducing time spent sitting to less than 3 hours a day you could add 2 years to your life. Use these easy exercises to keep your blood circulating and your muscles stretched throughout the day.

WORKPLACE

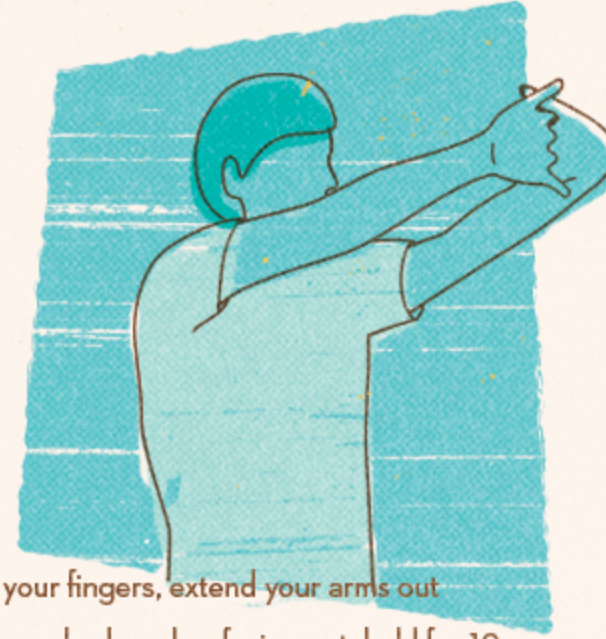
WORKOUT



Curl your fingers, hold for 5 seconds, release



Tilt your neck to one side, then the other holding for 5 seconds each Tilt your chin towards your chest, hold for 5 seconds



Lock your fingers, extend your arms out from your body, palms facing out, hold for 10 seconds. Repeat, but extend your arms above your head, hold for 10 seconds



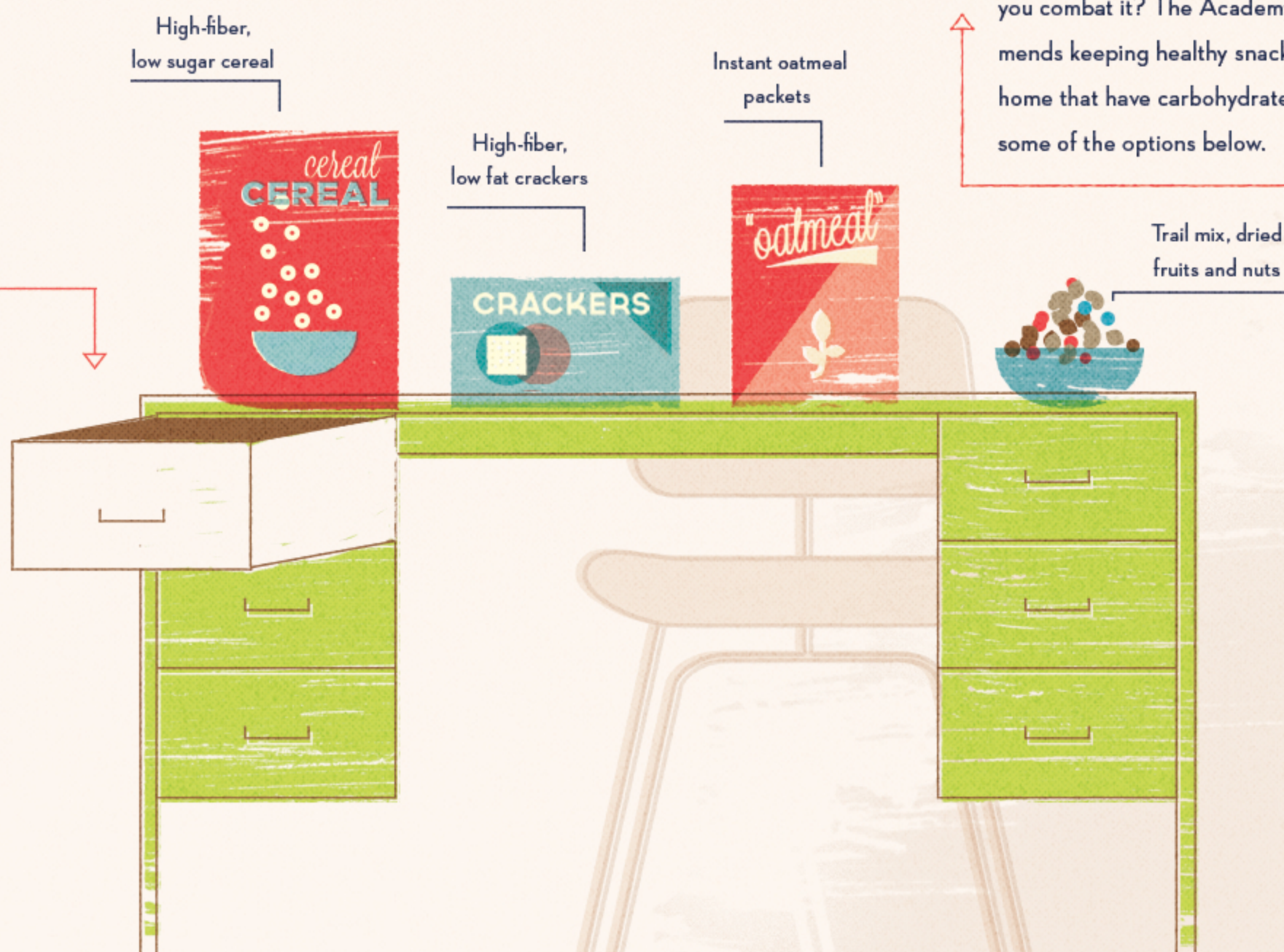
Raise your arm above your head, bend your elbow so your hand touches your back, apply light pressure with opposite hand to stretch, hold 10 seconds



Shrug your shoulders for 5 seconds

Keep Your Desk Drawer Stocked

When you get a hankering for a mid-afternoon snack, stop and think if you're really hungry. When we eat at our desks, we tend to eat more, and studies have shown snacking because of stress and boredom leads us to consuming extra calories. So how can you combat it? The Academy of Nutrition and Dietetics recommends keeping healthy snacks on hand when you're away from home that have carbohydrates, protein, and little fat. Try out some of the options below.



Employers Offering a Leg Up

Chronic disease and obesity are on the rise in the United States, with physical inactivity contributing to more instances of diabetes and cardiovascular disease. But exercising, eating healthy and understanding nutrition are no longer something you have to do on your own time or alone. Employers are getting in on the act by offering health and wellness activities and information in addition to healthcare plans. If you are thinking about bringing a wellness program to your office, use the stats below to show your company that many businesses are getting serious about employee health.

74%
of all employers who offer health benefits also offer at least **ONE** wellness program

29%
of all firms offer **weight loss** programs

30%
of all firms offer **gym memberships** or on-site exercise facilities

12%
offered **personal health coaching**

24%
of employers offer **smoking cessation** resources

24%
of all firms offered **classes in nutrition or health living**

51%
of all employers offer **web-based wellness resources**, such as newsletters