

BEING HEALTHIER ON THE JOB

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Risk Factors

Controllable

- Tobacco
- Lipids
- High Blood Pressure
- Physical inactivity
- High Body Mass Index
- High Fasting Blood Sugar
- Stress, Anger, Aggression
- Sleep Apnea
- Alcohol/Drug Use
- Unsafe Sex
- Poor Nutrition

Uncontrollable

- Age
- Gender
- Heredity

WHY DO WE START EXERCISE??

New Year's Resolution

Dr. said you should to improve your health...

Improve your golf game

Didn't fit into your clothes

Prompting from a friend

Infomercial

You made a conscious decision to start...

Physical Activity & Exercise

27% admit to not exercising

7 of 10 adults get too little exercise

4 of 10 adults get none!

25% of all trips made in U.S. are less than 1-mile in length, and 75% of those are made by car!

Physical Inactivity is responsible for more than 200,000 deaths a year.

Benefits of Physical Activity

- 24 to 46% reduction in stroke
- 58% reduction in diabetes
- 20% reduction in breast cancer
- 25 to 50% reduction in mortality from breast cancer
- 25 to 50% reduction in prostate cancer & BPH
- Decrease in blood pressure
- Reduce risk of pancreatic cancer in obese population
- Reduce risk of osteoporosis & improve bone health
- 30 to 40% reduction in Alzheimer's and dementia
- 50% reduction in depression among elderly
- Lower overall body weight and decrease body fat
- 25-50% reduction in erectile dysfunction (ED)
- Improvement in sleep efficiency & daytime sleepiness

Effects of Activity on Work Productivity

- Improves Mental health
- Illness Prevention
- Improved Energy
- More Effective Time Management
- Reduce On-the-Job Injuries (17%)
- Less Un-Scheduled Breaks (25%)
- Decrease in Absenteeism (22%)

Been Awhile???

- Be as physically active as your abilities and conditions allow
- If you're at risk for falling, work on balance exercises (reduce falls by 36%).
- Determine level of effort for physical activity relative to their level of fitness
- For chronic conditions check with medical professional before starting a program.

DECONDITIONING

- Depends on duration of lapse & what activities you have done during the interim
- Unrelated to how long you have previously been exercising
- 6 to 8 weeks of little or no activity can wipe out 80 to 100% of your conditioning

You gotta jump in and get
going...

CONDITIONING

G.E.T F.I.T.T

- F

- I

- T

- T

F.I.T.T.

- F = Frequency

F.I.T.T.

- F = FREQUENCY

- I = INTENSITY

F.I.T.T.

- F = FREQUENCY
- I = INTENSITY
- T = TIME

F.I.T.T.

- F = FREQUENCY
- I = INTENSITY
- T = TIME
- T = TYPE(S)

Getting off the Couch

and staying off...

- Wake up call
- Missing a workout
- Quick change
- Reward yourself
- Focus on how exercise makes you feel
- Get a dog
- **REALISTIC EXPECTATIONS!**

Getting off the Couch

and staying off.....

- Variety
- Vary your routine
- Try something entirely new
- Music
- Workout Buddy/Personal Trainer-Coach
- Workout gadget
- Exercise Log

EXERCISE EQUIPMENT

- LOOK FOR SOMETHING YOU THINK YOU WILL ENJOY USING
- UNDERSTAND COMPLETELY THE PURPOSE OF THE DEVICE AND IT'S OPERATION

EXERCISE EQUIPMENT

- SHOP SMART—don't buy on impulse
- CONSULT EXPERTS IN FIELD
- REPUTABLE BUSINESS
 - SERVICE
 - WARRANTY PRODUCT
 - DELIVERY & SET UP
 - LOANER

HEALTH CLUBS

- SHOP SMART—SHOP AROUND
- ASK QUESTIONS
- FREE INTRODUCTORY SESSION
- CONVENIENCE—Location
- HOURS/DAYS
- FACILITIES YOU NEED/WANT...
 - POOL, WEIGHTS, SENIOR CLASSES

Health Clubs

- Visit club at time of day you plan to use it
- Look at instructor's qualifications...
 - Hospital wellness/cardiac rehab programs tend to have well prepared staff
- Be prepared to negotiate...
 - Waive initiation fee
 - Negotiate price
 - Family rate

Braving the Outdoors

- Dress smart

- Gloves, hats, socks, face mask or gaiter
- Layered clothing
- Wind/water resistant yet breathable
- Outer layers light colored and reflective
- Identification

At low light wear reflective gear...LED lights

YOU CAN DO IT!

- REMEMBER

- IT'S NEVER TOO LATE
- START SLOW & THEN TAPER OFF
- SET SMALL DOABLE GOALS
- ANY CHANGE WILL DO
- ENJOY! ENJOY! ENJOY!