Worksite Wellness Programs – Encouragement or Encumbrance?

Ask 2 employees how they feel about their worksite wellness program and you’re likely to get drastically different responses. “Just one more intrusion into my privacy”, “Was just what I needed to improve the quality of my life”. Trying to find that delicate balance between motivating and mandating can be challenging. We know that modifiable risk factors significantly impact health care costs, that 20% of employees tend to generate 80% of a company’s health care costs, and that wellness programs tend to experience a 3:1 return on investment for each dollar spent on wellness. At Messiah we hope our program will provide employees with opportunities to become healthier, help create a positive work environment, while increasing productivity and controlling or reducing health care costs. This year we still require 100 wellness points and we still have a list of available opportunities for those points. But we’ve removed categories and no longer require the health assessment to be completed. It’s not a perfect program, but we hope it’s a positive one that encourages all of us to be good stewards of a great gift.

Pumpkin Spice Breakfast Cookies

1 cup whole wheat flour
1 ½ cups rolled oats
1 cup pureed pumpkin
1/3 cup maple syrup
½ cup unsweetened applesauce
¼ cup coconut oil
1-2 tbsp milk
½ tsp salt
½ tsp baking powder
1 tsp cinnamon
½ tsp ginger
1 tsp nutmeg
½ tsp cloves

Preheat oven to 350 degrees. Mix all dry ingredients in a large bowl. Mix all wet ingredients in a medium bowl. Whisk the wet until well mixed, then add the wet to the dry mixture and mix. Spoon onto greased baking sheet and bake about 15-18 minutes or until golden.

For this recipe and more visit http://mywholefoodlife.com/

Stress and Health

Chronic stress has been shown to result in:
- Weakened immune function
- Faster aging
- High blood pressure
- Blood sugar imbalances
- Decreased cognitive function
- Increased risk of disease, especially heart disease

Exercise as a stress relief:
- Decreases stress hormones like cortisol
- Releases endorphins, which improves mood
- Increases resilience to stress: those who get more exercise may become less affected by the stress they face
- Helps build confidence
- A distraction away from the stress of everyday life
- A great method of social support, exercise with friends!

Employee Wellness News

November Wellness Workshop – Packaging Puzzled? Deciphering Food Labels
Wednesday, Nov. 6 – 12:00-12:45 PM in Parmer Cinema, presented by Amy Porto

Over 100 employees are participating in the Messiah Goes to the World Cup exercise program, and one Messiah player has already been symbolically ‘sent’ to Brazil (which means we’ve already accumulated over 4800 miles collectively). The next 6-week phase begins Nov. 10. Register any time before then! See the wellness website for details: http://www.messiah.edu/offices/engle_center/wellness/index.html

For more information on the causes, effects, and ways to manage stress go to http://stress.about.com/od/understandingstress/u/causes_of_stress.htm; Pronk, MSSE, 1999; Anderson, AJHP, 2000