Employee Wellness Newsletter

March, 2015

A Little Effort Goes A Long Way!

Based on the negative health effects of prolonged sitting, we may soon need to teach a course in Sedentary Physiology alongside our course in Exercise Physiology. On average we spend 10 of our waking hours sitting (some spend many more!) and as a result ‘too much sitting’ has emerged as a distinct chronic disease risk factor independent of that other risk factor we’ve heard so much about- ‘too little exercise’. Although prolonged sitting negatively affects nearly every part of the body, the good news is that many of those effects are offset with short, frequent breaks from sitting. Recently published studies found that frequent, short walking breaks can decrease waist circumference, improve triglyceride, glucose, and insulin levels in our blood, and decrease inflammation. That’s an amazing list of benefits for such little effort. How little? In one study subjects simply walked for 1 minute 40 seconds every half hour! So, do you want to make a small lifestyle change that really makes a difference? Get up and walk for 2-3 minutes every half hour. That’s something we can ALL manage.

On Wellness Day, Get Up & Walk!

Wellness Day- a good chance to start some healthy habits you’ve been putting off. So, on April 1, we are encouraging all employees who tend to sit for most of their job, to take a 2-3 minute walking break every 30 minutes. When the half-hour rolls around, knock on a colleague’s door and take a stroll down the hallway and back. It’s good for health, and good for productivity! If you participate, feel free to tweet about it and/or post a picture on Instagram. Hashtag is #MCWellnessDay. A prize awaits the one who submits the ‘healthiest walking break’ photo.

Grab a Chair

Complete the following exercises at work

- Sit on the edge of your chair with your back straight. Alternate lifting your legs straight out in front of you, 15 times each leg.
- Triceps dip for 10 reps
- “Reach for the sky” with both arms; after 10 seconds, try to stretch one arm higher than the other and switch for 8 reps.
- Try to touch shoulder blades for 8 reps.

The Invisible Work-Out

Sitting through meeting after meeting makes it challenging sometimes to be able to get a quick walk in every 30-60 minutes-especially if you don’t want to draw attention to yourself by walking around the meeting table! Next time, be conscious of your posture in your chair; engage the core muscles to help you sit up straighter while keeping your shoulders back and your gaze forward. Maintain that position and you have successfully completed the invisible workout!

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Employees collecting 100 wellness points can find the wellness completion form at http://messiah.qualtrics.com/SE/?SID=SV_6sf6r93XYdm1oDH All forms must be submitted by June 1, 2015.

Upcoming Wellness Workshop — “The Great Egg Debate” — Wednesday, April 1, 12:00-12:30 PM
It will be held in Brubaker Auditorium, and will be presented by Nicole Benner, Messiah College Dietician.

The final 6-week phase of recording your physical activity (worth 30 wellness points) begins on March 22. Since September, Messiah employees have recorded the equivalent of 22,964 miles of exercise! Join in on the fun. Look for details in a mass email coming out soon!