

Messiah Wellness Program Newsletter

February, 2018

Staying active is great- becoming fit even better!

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.” Thousands of years ahead of his time, Hippocrates (460-375 BC) knew through observation what we now know through research. Data from large epidemiological studies indicates that moderately fit men and women have half the risk of all-cause mortality as their low-fit peers. Cardiorespiratory fitness is a measure of the efficiency of the heart, lungs, blood vessels, and muscles to deliver and use oxygen. Improving it requires participating in moderate to vigorous exercise. Is your current exercise routine also improving your fitness? Here are some simple ways to find out.

A variety of simple fitness tests can give you the information you seek. Here are some good options:

1. Falcon Fitness Center – Find an EFX CrossRamp Elliptical machine (there are many!). Hit *Workouts*, then *Test Your Fitness*, then *Fitness Test*. From there just follow the directions.
2. Falcon Fitness Center – Find a Precor Treadmill. Hit *Workouts*, then *Test Your Fitness*, then *Gerkin Fitness Test*. From there just follow the directions.

After you complete either of the above, a fitness score and category will be displayed on the monitor.

Or, you could also just head to a track and complete 1 mile (7.5 laps on our indoor track, 4 laps on our outdoor track). Here are two options:

One-mile walk – walk the mile as quickly as possible (no jogging allowed!) Record your time.

	30-49 yr		50-59 yrs		60-69 yrs		70-79 yrs	
	Females	Males	Females	Males	Females	Males	Females	Males
Excellent	< 14:12	< 12:54	< 14:42	< 13:24	< 15:06	< 14:06	< 18:18	< 15:06
Good	14:13-15:06	12:55-14:00	14:43-15:36	13:25-14:24	15:07-16:18	14:07-15:12	18:19-20:00	15:07-15:48
Average	15:07-16:06	14:01-14:42	15:37-17:00	14:25-15:12	16:19-17:30	15:13-16:18	20:01-21:48	15:49-18:48
Low	> 16:06	> 14:42	> 17:00	> 15:12	> 17:30	> 16:18	> 21:48	> 18:48

One-mile run – run the entire mile or run/walk the mile as quickly as possible. Record your time.

	30-39 yr		40-49 yrs		50-59 yrs		60+ yrs	
	Females	Males	Females	Males	Females	Males	Females	Males
Low risk	< 9:31	< 8:03	< 10:29	< 8:29	< 11:14	< 9:14	< 12:06	< 10:08
Mod risk	9:31-10:27	8:03-8:15	10:29-11:37	8:29-9:13	11:14-12:05	9:14-10:07	12:06-13:40	10:08-11:13
High risk	> 10:27	> 8:15	> 11:37	> 9:13	> 12:05	> 10:07	> 13:40	> 11:13

If your fitness level isn't where you hoped it would be, it may be time to exercise more often each week, add some resistance training to your cardio workouts, or sprinkle in a few high intensity interval workouts each week.

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FEBRUARY EMPLOYEE WELLNESS WORKSHOP

Wednesday, Feb. 14, 2018

12:40 – 1:15 PM Parmer Cinema

“Creative Exercise Ideas for Crazy Lifestyles”

Presented by Kevin Ogden, Falcon Fitness Center Director

Too busy to exercise?

Think again! Discover how you can get the biggest bang for your exercising buck. This workshop will present practical solutions for fitting exercise into crazy lifestyles.

PRAYER WALKING- the Messiah way

Our organized 1-mile prayer walks will begin the week after spring break,. They will be held on Wednesdays at 12:45, and on Thursdays at 4:00. Details will follow regarding starting location for the walks, but we hope you will plan now to be part of this new employee wellness program. You can attend regularly, or just now and then, as we experience God’s presence in body, mind, and soul, together.

MARCH EMPLOYEE WELLNESS WORKSHOP

Thursday, Mar. 22, 2018 12:40 – 1:15 PM Parmer Cinema

“Rest and Digest – Responding to Stress”

Joy Fasick & Hannah Bingham, Engle Center Interns

Stress and Depression in the Workplace is Real!

Depression and stress are two of the top three reported workplace problems for employees. Considering that we spend nearly half of our waking hours at work, the working environment has a major impact on our quality of life and well-being. Here is an excellent website with tools to help you know what depression in the workplace looks like and how you can get the help you need.

<http://www.rightdirectionforme.com/DepressionatWork.html>