

PHYSICAL WELLNESS

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APRIL IS EMPLOYEE HEALTH AND FITNESS MONTH, NATIONAL GARDEN MONTH, AND NATIONAL OT MONTH

March 31-April 6

National Public Health Week

April 21

Easter Sunday

April 22

Earth Day

April 24

Administrative Professionals Day

April 26

Arbor Day

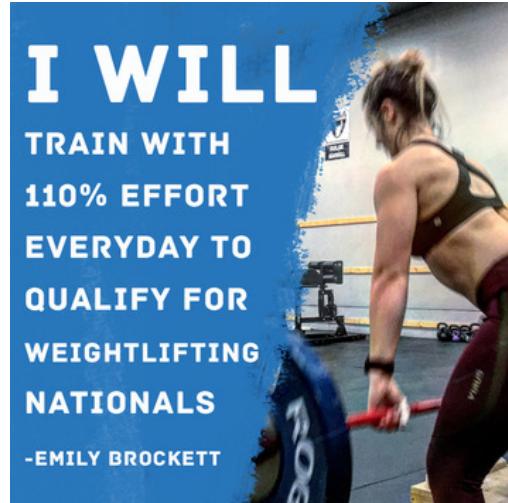
APRIL 2019



I WILL

EAT MORE
FRUITS TODAY
SO THROW AN
ORANGE MY
WAY

-MICHELLE BANKS



I WILL

TRAIN WITH
110% EFFORT
EVERYDAY TO
QUALIFY FOR
WEIGHTLIFTING
NATIONALS

-EMILY BROCKETT



I WILL

GET IN SHAPE

-MILTON KOYLE

SPENDING TIME OUTDOORS IS GOOD FOR YOU, FROM THE HARVARD HEALTH LETTER

Spring is here. The outdoors beckons. Heed that call and you'll reap physical and mental health benefits, reports the July 2010 issue of the Harvard Health Letter. Here are five good reasons to get outdoors:

YOUR VITAMIN D LEVELS RISE.

Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks. Limited sun exposure (don't overdo it), supplemented with vitamin D pills if necessary, is a good regimen.

YOU'LL GET MORE EXERCISE.

If you make getting outside a goal, that should mean less time in front of the television and computer and more time walking and doing other things that put the body in motion.

YOU'LL BE HAPPIER

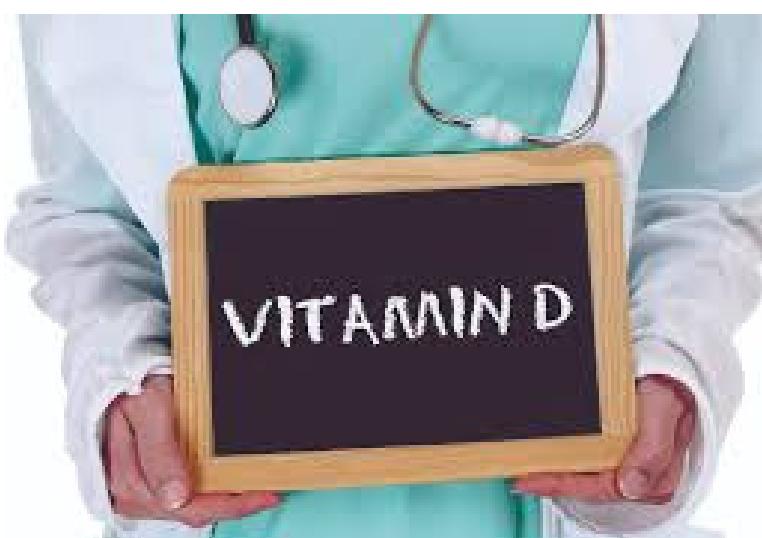
Light tends to elevate people's mood, and there's usually more light available outside than in. Physical activity has been shown to help people relax and cheer up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles.

YOUR CONCENTRATION WILL IMPROVE

Children with ADHD seem to focus better after being outdoors. It might be a stretch to say that applies to adults, but if you have trouble concentrating, outdoor activity may help.

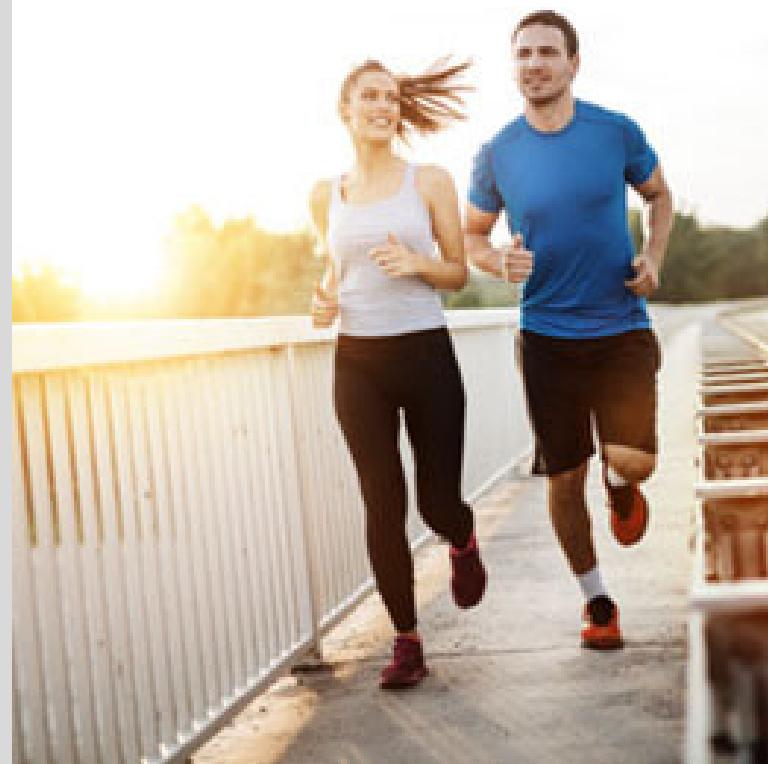
YOU MAY HEAL FASTER

In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light. An older study showed that the view out the window (trees vs. a brick wall) helped recovery in the hospital.



HOW EXERCISE IMPROVES MOOD

Regular exercise helps in the prevention and management of health conditions such as diabetes, high blood pressure, heart disease and obesity. However, it can also improve your mood, lift your spirits and make you feel better about yourself. When you exercise, your body releases chemicals that boost your sense of well-being and suppresses hormones that cause stress and anxiety. Physical activity is an effective tool against depression and you can find many different ways to make it a pleasurable pastime.



Beneficial Exercises

You do not have to indulge in demanding physical activity to reap the psychological benefits of exercise. The Harvard Medical School says that walking, stretching, mental exercises, breathing techniques and muscle relaxation techniques can all be effective in combating stress.

Chemical Factors

The body produces endorphins, which are chemicals that reduce the perception of pain, improve immunity and help you relax. Endorphins are natural mood boosters that enhance feelings of optimism and satisfaction. Exercise promotes the generation and release of endorphins.

Emotional Benefits

Stress can cause a vicious cycle of negative thinking, worrisome thoughts and physical symptoms such as muscular discomfort, indigestion and pain. Exercise provides a distraction from your worries, whether you exercise by yourself at home or in the company of friends. It also gives you an opportunity to socialize.

How Exercise Affects Mood

Researchers found that those who exercised reported having 1.5 fewer poor mental health days in the last month than those who did not exercise.

SPRING CLEANING AS EXERCISE

It's Spring, the perfect time to attend to cleaning the yard and house. It can be a chore during the process, but once you have your closets organized, the house cleaned, and flowers planted it feels wonderful! All of this work can also help you work towards your weight loss goals. Any extra movement burns more calories and burning more calories on a regular basis results in weight loss.

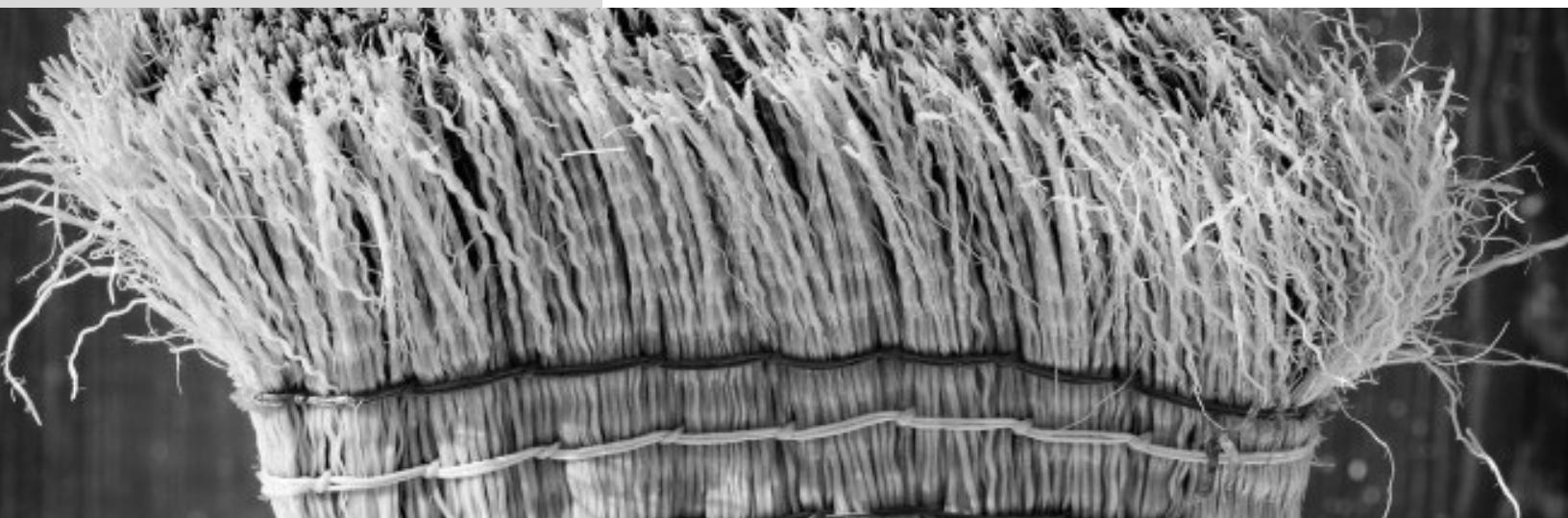
See how you can do some much needed Spring cleaning and burn some calories at the same time. Keep in mind these numbers are just estimates. It truly depends on how much you weigh and the duration of the activity. For the following examples a one hour duration was used.

Activity

Estimated Calories Burned

General Gardening (picking weeds, etc)	350-400
Mowing lawn (push lawn mowers)	350-400
Planting trees and flowers	350-400
General housecleaning	250-300
Scrubbing Floors	390-470
Washing Windows	320-375
Dusting	165-195

This just goes to show that daily activity and movement helps to keep you physically fit. You can make small fitness gains and in this case get your Spring cleaning done all at the same time! Get out and stay active every day.



HEALTH PROBLEMS THAT THE OUTDOORS CAN HELP PREVENT AND TREAT

If your doctor tells you to "take a hike," you may want to listen. With more and more scientific studies uncovering different health benefits from spending time outdoors, is the healthcare industry not fully appreciating ways of preventing and treating disease? During an October 20, 2016, White House Roundtable session entitled "Health Benefits of Time Outdoors," Michael Suk, M.D., J.D., M.P.H., Chairman of Orthopaedic Surgery at the Geisinger Health System and a member of the National Advisory Board at the National Park Service, mentioned the possibility of doctors writing prescriptions for national parks...as in, "Take a trip to a national park once a week and see me in six months." How many medication prescriptions could eventually be replaced by prescriptions for hiking, biking, climbing and other outdoors activities? Well, here are some health problems that time outdoors may help prevent or treat.

Obesity and obesity-related problems such as diabetes, cancer and cardiovascular

disease: Unless someone is pulling you around in a wheelbarrow, being outdoors forces you to move your body more. Think about how much of your time indoors is spent remaining relatively motionless, such as sitting in front of a computer or in a meeting, texting on the toilet or staring at the Kardashians on television.

High blood pressure: Weight loss can also improve blood pressure. But beyond weight loss, exposure to nature alone can help combat hypertension.

Depression, anxiety, stress and other mental health issues: Plants (and not just the kind you smoke) as well as other aspects of nature can soothe your mind. The University of Queensland study also demonstrated how the 30 minutes of nature exposure per week reduced depression prevalence by up to 7%. Sunlight exposure can increase serotonin levels, which can then decrease the risk of seasonal affective disorder, a form of depression with the appropriate acronym SAD, that waxes and wanes with the seasons.

Osteoporosis and osteopenia: Yes, too much sunlight can be bad for you, but you are not a vampire. Instead, you are like a flower and need sunlight. Hiding inside and dodging rays of sunlight could lead to more brittle bones since sunlight helps the skin produce Vitamin D, which strengthens bones.

Sleep Problems: As the National Wildlife Foundation explains, exposure to natural light, the comforts of nature and exercise during the day can help you sleep during the night.

Of course, simply getting people outside won't replace all other medical treatment and necessarily solve medical problems on its own, but it could help. While outdoors medicine (treating injuries and health problems caused by outdoor activities) is an already established field, using the outdoors as medicine is still comparatively nascent. You may think that some diseases are outside of your control, when, in fact, the outsides may actually help you better control them.



APRIL**PHYSICAL WELLNESS**

Mark here if you choose to perform the activity.

ACTIVITIES

Did you complete the activity?

- | | | | |
|-----------------------|---|---|---|
| <input type="radio"/> | (Page 3) Get three hours of physical outdoor activity this week-go on a walk, hike, bike ride, etc. | Y | N |
| <input type="radio"/> | (Page 4) Work out this week and have the focus be on your mental health. | Y | N |
| <input type="radio"/> | (Page 5) Choose three spring cleaning activities to complete around the house | Y | N |
| <input type="radio"/> | (Page 6) Focus on two of the tips from this article this week to prevent and treat diseases. | Y | N |
| <input type="radio"/> | Make breakfast your biggest meal of the day every day this week. | Y | N |
| <input type="radio"/> | Drink a glass of water before and after every bathroom break one day this week. | Y | N |
| <input type="radio"/> | Have vegetables with every meal three days this week. | Y | N |
| <input type="radio"/> | Complete the ready-to-work warmup every shift. | Y | N |
| <input type="radio"/> | Cut back on caffeine/nicotine this week. | Y | N |
| <input type="radio"/> | Think of a monthly workout goal and write it here: _____ | Y | N |

Please describe activities (not listed above) that have helped you improve your physical wellness this month:
