



PHYSICAL WELLNESS

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JANUARY IS NATIONAL BLOOD DONOR MONTH AND NATIONAL "THANK YOU" MONTH

January 1	New Years Day
January 4	National Trivia Day
January 12	Pharmacist Day
January 21	MLK Day
January 20-26	National "Hunt for Happiness" Week
January 25	National Have Fun at Work Day

401 K COMING SOON!

Enrollment meetings begin in late January. Don't miss out! More details and information coming soon!

JANUARY 2019

Regret. It's a nasty word, one that promotes negative emotions and feelings. How many times in your life have you experienced regret? We all have experiences with regret, probably even daily for most of us. Regret is simply the feeling or desire of looking back on a decision or action and wishing you would have made a different choice. Some basic examples are "I wish I would have worn different shoes, my feet are hurting!" or "I wish I wouldn't have eaten that cookie!"

Some poor choices can have very lasting consequences, especially in the work setting. Work-related injuries are most often a result of poor choices. Very rarely is an accident just a result of bad luck. On-the-job injuries usually can be prevented, that is why at TanaBell we strive to provide our employees with TONS of information and continual training on how to make better choices to keep yourself safe at work. Correct lifting, including proper protocol, set-up, equipment, posture and mechanics, etc. are all topics we emphasize so that you can prevent an injury while lifting or moving a patient, box, or piece of equipment. Employees that LEARN these protocols and STRIVE to practice these habits perfectly are our employees who work safely and maintain an injury-free record. At TanaBell we also have provided our staff with a great program we call READY TO WORK, which we feel is a critical component to staying injury-free.

READY TO WORK PROGRAM



No one would ever sprint in a track meet, lift heavy weight at a competition, or play a sport without some sort of warm-up. Everyone knows it is NOT SMART to just show up and begin to play; this is how sports injuries happen.

Caring for the elderly is definitely not a SPORT, but it can at times be just as physically demanding. So WHY wouldn't you prepare your body properly, to prevent injury? The READY TO WORK program helps employees warm up their muscles, joints, and minds so that they can begin their shift physically and mentally ready to tackle the task of safely moving other humans or lifting boxes and/or equipment.

The READY TO WORK program is a series of warm-up exercises and activities that are posted in every facility. Similar programs have been implemented at thousands of companies across the country, with amazing results and decreases in staff injuries. All staff members, even those who sit at a desk, are expected and required to join together at shift change and run through the warm-up exercises. If you miss shift change or arrive at a different time, you can find someone who will join with you or just perform the warm-up on your own!! It should not take more than about 5 minutes, yet it increases blood flow to all your major muscle groups, promotes increased oxygen intake and heartrate, and increases flexibility and range of motion in all your joints.

READY TO WORK PROGRAM



This simple warm-up could be the difference that prevents you from pulling a muscle in your back, tweaking your shoulder, or having a sore knee! You will be more effective and efficient in all your job duties when you participate in the READY to WORK program. There is nothing worse than regretting a decision that has negative consequences; and being injured on the job affects your income, your family, and your quality of life. PLEASE take 5 minutes for READY to WORK at the start of every shift, and encourage your co-workers to do the same!!

Jamie Bell

Therapy Director

TanaBell Health Services



CREATE A RESOLUTION THAT WILL LAST ALL YEAR

The holiday season is upon us, and with it come our hopes and aspirations for the new year. Many of us translate these lofty hopes and aspirations into a list of New Year's resolutions. We resolve to exercise more and eat less, take on a new hobby and get rid of an old habit, spend more time with our loved ones and less time on the screen.

Most of us are pretty good at making beautiful lists, describing all the ways in which we are going to be different from now on – proclaiming that the first day of the first month is indeed going to be the first day of the rest of our life. Though, to bring about change, the three I's – impressive, insightful and inspiring – are simply not enough. Research shows that to bring about lasting change what we need instead are the three R's – reminders, repetition and rituals.

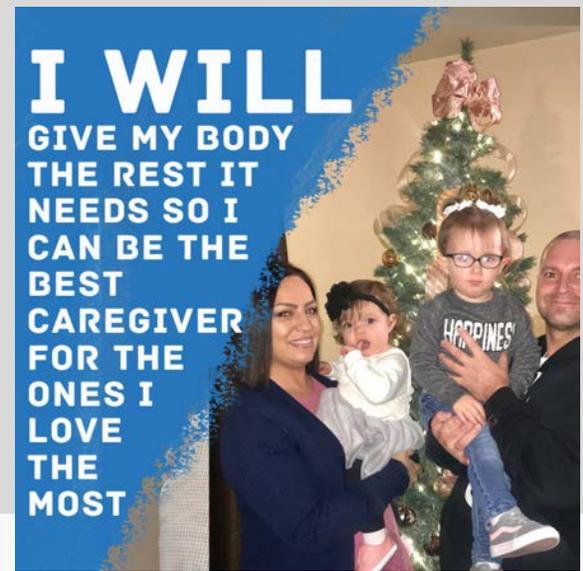
REMINDERS

Some reminders are straightforward and simple, others are a little more complicated and creative.

For example, if you would like to lead a healthier lifestyle, you can remind yourself to exercise regularly by entering your gym times in your planner, just as you would do for a client meeting. A reminder can come in the form of a picture on the wall or on your screensaver of the person who motivates you most to get out of bed and into your running shoes.



Kayla Goodson



Monica Perry



Kelsie Hansen



Troy Bell



Madysen Harrison

REPETITION

Regular reminders can pave the way to repetitive action, which is essential for lasting change. Exercising only for the first week or two of the year, no matter how hard, in all likelihood falls far short of your hopes and aspirations for the new year. Moreover, it is through reminders coupled with repetition, that you get to the promised land of change: the cultivation of rituals.

CREATE A RESOLUTION THAT WILL LAST ALL YEAR

RITUALS

After sufficient reminders and repetition, a ritual is formed. This is when, physiologically, a neural pathway has been carved out in your brain associated with a particular behavior, a neural pathway that leads you, guides you, to act in a certain way at a certain time. For example, after sufficient reminders and repetition— be it over a period of a month or two — going to the gym three times a week no longer requires extraordinary effort, as it becomes part of your ordinary life, a habit, a ritual. Just as brushing your teeth is.

As you remind, repeat and ritualize, keep two things in mind. First, less is more. That long list of New Year's resolutions is bound to fail. Neural overload is likely to lead you to do nothing. Rather, modest hopes and aspirations that lead to small wins, to gradual change — that is the way to go. Second, don't worry if you fail. Each time you make an attempt to introduce a change into your life, regardless of whether or not you succeed, you're reinforcing the neural pathways associated with the particular behavior.

FOR A GLIMPSE INTO THE STATE OF YOUR HEALTH AND LONGEVITY, JUST HEAD FOR SOME STAIRS.

How people perform on an exercise test that requires them to move very briskly can predict their risk of premature death from heart disease, cancer and other causes, a study presented at a meeting of the European Society of Cardiology found.

Those with good exercise capacity — capable of high levels of physical exertion, say, on a treadmill — had less chance of dying early of any cause.

The participants in the study underwent an exercise echocardiogram, but there's a much easier method to check your exercise capacity in a similar way: See if you can climb four flights of stairs at a fast pace — in under a minute — without having to stop, said Dr. Jesús Peteiro, the study author and a cardiologist at University Hospital A Coruña in A Coruña, Spain.

If you can do it, you have good functional capacity. If not, it's a sign you need more exercise, he noted. Peteiro wasn't surprised by his study's findings.

"Physical activity has positive effect on blood pressure and lipids, reduces inflammation and improves the body's immune response to tumors," Peteiro told TODAY.

For the study, 12,615 participants with known or suspected coronary artery disease underwent treadmill exercise echocardiography — a medical test to see how well a person's heart tolerates activity.

Their effort levels were measured in metabolic equivalents, or METs. One MET is equal to the energy it takes to sit quietly. Walking briskly requires about 3 METs, while jogging takes more than 6. This study defined good functional capacity as achieving a maximum workload of 10 METs.

Being able to climb four flights of stairs in about 45-55 seconds would be equivalent to 10 METs, Peteiro, estimated.

When the study participants were followed up over the next five years or so, each MET they achieved during the exercise test was associated with a 9 percent lower risk of cardiovascular death, a 9 percent lower risk of cancer death and 4 percent lower risk of other causes of death, the European Society of Cardiology noted.

THE STAIR TEST

In people with poor functional capacity, the death rate from heart disease was almost three times higher and cancer deaths were almost double compared to participants who had good exercise capacity.

Cardiologists already know a patient who has a significantly abnormal heart stress test, but shows very good exercise capacity, has a better prognosis, said Dr. Andrew Freeman, director of cardiovascular prevention and wellness at National Jewish Health in Denver, Colorado, and a member of the American College of Cardiology's Prevention of Cardiovascular Disease Section Leadership Council.

Freeman recommends 30 minutes a day of "breathlessness." "When people say, 'I can't exercise because I'm short of breath,' I say, 'Great, what a wonderful thing, I want you to use that to your advantage,'" Freeman said. "I want you to warm up and get right to that point where you're breathless — not passing out, but challenged. And I want you to stay there for as long as you can. Take a break when you need to and then resume."

The latest exercise guidelines for Americans say adults need at least 2 ½ hours to five hours a week of moderate intensity exercise; or 1 hour, 15 minutes to 2 ½ hours of intense activity every week.

Try walking, running, bicycling and swimming to boost your exercise capacity, Peteiro advised. Freeman just wanted people to pick an activity they enjoyed that would make them breathless.

"WE KNOW THAT IN SOME WAYS EXERCISE IS A MEDICINE AND IT HAS A DOSE RESPONSE, WHERE TYPICALLY MORE EXERCISE IS BETTER," HE SAID.



THE 4 MOST IMPORTANT TYPES OF EXERCISE

Exercise is key to good health. But we tend to limit ourselves to one or two types of activity. "People do what they enjoy, or what feels the most effective, so some aspects of exercise and fitness are ignored," says Rachel Wilson, a physical therapist at Harvard-affiliated Brigham and Women's Hospital. In reality, we should all be doing aerobics, stretching, strengthening, and balance exercises. Here, we list what you need to know about each exercise type and offer examples to try, with a doctor's okay.

1. AEROBIC EXERCISE

Aim for 150 minutes per week of moderate-intensity activity. Try brisk walking, swimming, jogging, cycling, dancing, or classes like step aerobics. Marching in place is a great place to start if you are a newbie-stand tall with your feet together and arms at your sides. Bend your elbows and swing your arms as you lift your knees. March in a variety of styles:

March in place.

March four steps forward, and then four steps back.

March in place with feet wide apart. Alternate marching feet wide and together (out, out, in, in).

Look straight ahead, and keep your abs tight.

Breathe comfortably, and don't clench your fists.

1.



2. STRENGTH TRAINING

Strengthening your muscles not only makes you stronger, but also stimulates bone growth, lowers blood sugar, assists with weight control, improves balance and posture, and reduces stress and pain in the lower back and joints.

Try squatting-stand with your feet shoulder-width apart, arms at your sides.

Movement: Slowly bend your hips and knees, lowering your buttocks about eight inches, as if you're sitting back into a chair. Let your arms swing forward to help you balance. Keep your back straight. Slowly return to the starting position. Repeat 8-12 times. Shift your weight into your heel

Squeeze your buttocks as you stand to help you balance.

2.



3.



3. STRETCHING

Stretching the muscles routinely makes them longer and more flexible, which increases your range of motion and reduces pain and the risk for injury. Try a stretch such as single knee rotation: Lie on your back with your legs extended on the floor. Relax your shoulders against the floor. Bend your left knee and place your left foot on your right thigh just above the knee. Tighten your abdominal muscles, then grasp your left knee with your right hand and gently pull it across your body toward your right side. Hold 10 to 30 seconds.

Return to the starting position and repeat on the other side.

4. BALANCE EXERCISES

Improving your balance makes you feel steadier on your feet and helps prevent falls. Try the standing knee lift- Stand up straight with your feet together and your hands on your hips. Lift your left knee toward the ceiling as high as is comfortable or until your thigh is parallel to the floor. Hold, then slowly lower your knee to the starting position Repeat the exercise 3-5 times. Perform the exercise 3-5 times with your right leg.

4.



HARVARD'S GUIDE TO STAYING HEALTHY

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep, endurance, and even sex. Aim for 150 minutes of moderate-intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to bust stress. Try, meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know –and who knows you – is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.



Name _____
Facility _____

Quarter 1
January: Physical Wellness
February: Financial Wellness
March: Emotional/Mental Wellness

JANUARY

PHYSICAL WELLNESS

Mark here if you choose to perform the activity.

Did you complete the activity?

ACTIVITIES

- | | | |
|---|---|---|
| <input type="radio"/> (Page 3) Complete the Ready To Work warm-up before every shift. | Y | N |
| <input type="radio"/> (Page 5) Think of one resolution for yourself and hold yourself accountable for keeping it all year. | Y | N |
| <input type="radio"/> (Page 7) Complete the "stair test" and decide if you need to start working out more. | Y | N |
| <input type="radio"/> (Page 8) Complete these 4 exercises two times this week. | Y | N |
| <input type="radio"/> (Page 9) Read the article and choose one of the tips to focus on this week. | Y | N |
| <input type="radio"/> Get your yearly flu shot. | Y | N |
| <input type="radio"/> Take your family sledding, skiing, or ice skating this week. | Y | N |
| <input type="radio"/> Leave the house five minutes early so you can slow down and avoid slips on the ice and car accidents. | Y | N |
| <input type="radio"/> Dress in warm layers every time you leave the house, even if it is just for a few minutes. | Y | N |
| <input type="radio"/> Find the hidden New Year's-related word(s) in the magazine. Email kellyh@tanabell.com the word(s) and what article you found it in. The first person from each facility to email Kelly the correct word(s) will receive a gift card. | | |

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

Send to kellyh@tanabell.com on January 31, 2019.