

Health and Fitness In The Workplace

Mark Fink: Assistant Director, Fitness

Katie Howe: Health Educator

Administrative Professionals' Day

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Overview

- Welcome!
- Opening Activity
- Healthy Exercise Habits
- Fitness At Your Desk
- Physical Activity Away From Your Desk
- 5 minute Activity
- Healthy Eating Habits
- Stress Management/Mental Health
- Closing Activity (stability balls)

Welcome!

- **Mark Fink: Assistant Director, Fitness**

- ***Hometown:***

- Fairview, Montana

- ***Education:***

- B.S. Physical Activity & Exercise, Portland State University
- B.S. Community Health Education, Portland State University

- ***Past Experience:***

- Group Exercise Assistant – Weber State University
- Fitness Student Coordinator – Portland State University
- Business Owner/Personal Trainer – Conatus Health Development

- **Katie Howe: Health Educator**

- ***Hometown:***

- Otisville, Michigan

- ***Education:***

- B.S. Nutritional Sciences, Michigan State University
- M.S. Human Nutrition, Winthrop University

- ***Past Experience:***

- Student Research Assistant – MSU Department of Physiology Cystic Fibrosis Research Team
- Clerk IV – MSU College of Human Medicine Academic Programs
- Nutrition Education Specialist – SC DHEC Women, Infants, and Children Supplemental Program
- Student Advisory Board Preconception Health and Teen Pregnancy Prevention

Opening Activity

- **Warm-up Cardio**
 - Step touch
 - Hamstring curl
 - High knees
- **Stretches**
 - Alternating calf/hip flexor
 - Hip stretch
 - Standing hamstring curl
 - Arm circles

Healthy Exercise Habits

- **Principle of Specificity: SAID**
- **Principle of Reversibility: “Use It or Lose It”**
 - Cardio: 2-3 weeks
 - Muscular strength/endurance: 2-3 months
- **Taking Breaks From Sitting**
 - 15 min rule
- **Physical/Social Activity**
 - Time goes by faster
 - Accountability
 - Objective observation
 - Celebrate success

Fitness At Your Desk

- **Cardio Exercises**
 - Hamstring curls, step jacks, mt. climbers, high knees
- **Stretches**
 - Neck, chest, digiflexors, hip flexors
- **Strength Exercises**
 - Squats, push-ups, bicycles
- **Balance Exercises**
 - Single leg balance
- **Modify your desk**
 - Standing desk: goo.gl/62t5Q2
 - Walking desk: goo.gl/4oV2Cp, goo.gl/hOZ6Rv

Physical Activity Away From Your Desk

- **Park Further Away**
 - Easier to park, more steps, less chance of accidents
- **Stairs vs. Elevator**
 - Want alone time or to avoid awkward small talk
 - Consult the universe
- **Walking Routes**
 - Trifold pamphlets
 - Online map: <http://goo.gl/maps/vTdeX>
- **On-campus Geocaches**
 - Online map: <http://goo.gl/maps/9iPXX>
- **Group Fitness Classes**
 - Online schedule: www.uscupstate.edu/wellness

Activity

- **Cardio**
 - Step touch → hamstring curl → high knees
 - Increase intensity
- **Strength**
 - Squats (front and back)
 - Push-ups
 - Bicycles

Healthy Eating Habits

- Recommended Daily Allowances
- USDA Choose My Plate and Servings Sizes
- Healthy Snacks
- Healthy Eating At Your Desk or On The Go
- Hydration/Caffeine
- Energy Balance: Preventing Energy Highs and Lows

Recommended Daily Allowance

- **Fat:** 20-35% of Calories
 - Saturated fat <10% of total calories - poly/monounsaturated fats can be made saturated via hydrogenation (look at ingredients list for this).
 - Cholesterol <300 mg/day
- **Protein:** 10-15% of Calories
- **Carbohydrates:** 50-60% of Calories
 - Added sugars: Women <100 calories/day (6 tsp), Men <150 calories/day (9 tsp).
- **Sodium:** 1500 mg/day

Choose My Plate

- ***Grains:*** 6-7 ounce equivalents/day
 - Grains - Make at least half your grains whole; but strive to make all of your grains whole. Check the first ingredient to make sure it states that it is using 100% whole-wheat flour. Nature's Own Double Fiber Bread, brown rice, whole wheat flour, bulgur, oatmeal, whole cornmeal
- ***Protein:*** 5-6 ounce equivalents/day
 - Protein - Choose lean meats. Limit red meat consumption to 1 or 2 times per month. Choose alternative options such as legumes, tofu or nuts.
- ***Fruits:*** 1.5-2 cups/day
 - Whole fresh fruits are best; however, 8oz of 100% fruit juice and ½ cup dried fruit are both 1 serving of fruit. Frozen fruit is recommended when fresh fruit is unavailable.
 - Try to avoid canned fruit or fruit cups they are typically high in artificial sugar.
- ***Vegetables:*** 2.5-3 cups/day
 - Whole fresh vegetables are best; each of the following is equivalent to 1 serving of vegetables: 2 cups raw leafy greens, 8oz of 100% vegetable juice, 1 cup cooked or raw vegetables.
 - Try to avoid canned vegetables, as they are typically high in sodium; if you choose canned vegetables opt for the low sodium option.
 - Note: not ALL low sodium options are actually low in sodium. For beans as well as vegetables aim for those with less than 100 mg of sodium per serving.
- ***Dairy:*** 3 cups/day
 - Choose lowfat options such as skim or 1% milk or alternatives such as unsweetened almond milk, soy milk/cheese, hemp milk

Easy To Remember Serving Sizes

The secret to serving size is in your hand.



A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt



Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group. 1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.



1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.

Iowa WIC Program - Iowa Department of Public Health - 2007
Adapted from North Carolina Nutrition Network

Healthy Snacks

- ***Healthy Snack Options***

- Nuts

- Great source of protein and mono/polyunsaturated fats
- Almonds are a great source of calcium and provide more calcium than drinking milk or consuming dairy products

- Apple or carrots with nut butters (almond, peanut, cashew)

- Apple or pear with cheese and wheat crackers

- Examples: Wasa crackers, melba crackers, whole wheat water crackers, lowfat cheese such as cheddar, havarti, goat cheese, blue cheese, feta cheese or gouda

- Yogurt and Fruit/Low-fat Cottage Cheese and Fruit

- Cereal with skim milk, soy milk, almond milk

- 100-150 calories per serving, <2 grams of fat, <5 grams of sugar, & >5 grams of fiber
- 1 serving = 1/2-3/4 cups
- Multigrain Cheerios, Multigrain Peanut Butter Cheerios, Fiber Plus Cinnamon Oat Crunch, Kashi Heart to Heart Oat Cereal Warm Cinnamon
- **Small project:** The next time you pour a bowl of cereal measure it out; most people pour 2-3 servings and believe it is only 1 serving

Healthy Eating

At Your Desk or On The Go

- **Bring Lunch:**
 - The easiest way to ensure eating a healthy lunch is to bring your lunch with you. Creating a healthy dinner menu for the week will allow you to make enough for leftovers to bring the next day!
 - Remember to bring healthy snacks as well to prevent yourself from becoming extremely hungry prior to lunch or before heading home. This aids in the prevention of binging episodes.
- **Eating in the Cafeteria:**
 - *Mindful* by Sodexo focuses on balancing nutrition with enticing flavors to create an indulgent way to enjoy a healthier lifestyle while at work.
 - Look for the nutrition facts that are displayed at each station!
 - *MyFitnessPal*
 - Downloadable application connected to Sodexo's Mindful program.
 - Scan barcode near the nutrition facts and the information is uploaded and recorded making it easy for you to track your calorie intake.
- **Eating Out:**
 - Choose low-fat healthy options such as salads, vegetarian or low-fat turkey sandwiches with whole wheat bread, grilled chicken instead of fried chicken, veggie burgers, etc.
 - Try to avoid adding condiments...they typically contain a lot of sugar, sodium, or fat!
 - Try to avoid buying the entire meal. Leaving off the fries and soda decrease the meal by approximately 450-750 Calories!



Chick-fil-A Grilled Chicken Sandwich w/ Medium Fry and Coke = *890 Calories (26g of FAT)*



Chick-fil-A Grilled Chicken Sandwich w/
Water = *320 Calories (5g of FAT)!*

Hydration/Caffeine

- **Men:**
 - 16, 8 oz glasses of fluid daily - 13, 8 oz glasses of water
- **Women:**
 - 11, 8 oz glasses of fluid daily - 9, 8 oz glasses of water
- Carry a water bottle with you daily. This increases the likelihood of you consuming a greater amount of water.
- Add lemon or a splash of cranberry juice for a little extra flavor.
- Drinking with a straw increases the amount of water consumed at one time allowing you to drink more without as much effort.
- **Exercise:**
 - Gatorade/Powerade
 - Only need supplemental fluids after 60 minutes of continuous exercise.
 - 4-6 oz every 15-20 minutes
- **Caffeine:**
 - No more than 4 cups/day or 500-600 mg/day
 - Coffee = 60-150 mg/5oz
 - Tea = 40-80 mg/5oz
 - Soda = 40-60 mg/12oz
 - Energy Drinks – Try avoiding!
 - If pregnant no more than 1-2 cups/day or 200mg/day

Energy Balance:

Preventing Energy Highs and Lows

- **Energy Density:**
 - The amount of energy or calories in a particular food presented as the number of calories in a gram (kcal/g).
 - Energy density is influenced by the composition of food (i.e. high in water vs. high in sugar).
 - Low Energy Density: Foods that contain a lower number of calories/serving and are typically nutrient dense.
 - High Energy Density: Foods that contain a high number of calories/serving and typically contain a greater number of empty calories.
- **Foods To Avoid:**
 - Foods high in sugar and fat such as pizza, french fries, hamburgers, fast food, soda, and sweets can provide the initial feeling of being energized; however, these foods are harder to digest and can make you feel sluggish or tired after 30-45 minutes.
- *Your best option is to consume smaller meals containing low energy density foods in order to keep your metabolism going, preventing energy highs and lows.*

Stress Management/Mental Health

- **Basic Breathing Techniques:**

- 4 second inhale & 8 second exhale
- Exhaling stimulates the Vagus nerve, command central for the parasympathetic nervous system, which is responsible for lowering heart rate, blood pressure, and helping your heart and organs slow down. By spending more time exhaling than inhaling you are literally spending more time forcing your body to relax. It is also used as a great way to achieve a meditative state.
- The Vagus nerve is Cranial Nerve X (CNX), which is the only cranial nerve to innervate the thoracic cavity, allowing for the aforementioned to occur.

- **Sleep:**

- Sleep varies from person to person; however, most adults need 7-8 hours/night.
- Quantity and quality of sleep both matter.
- Sleep also influences the following:
 - **Performance:** Sleep enhances the activity of pathways in the brain that help us learn and remember. Research shows that when we lack sleep, we are more likely to make bad decisions and take risks.
 - **Mood:** Insufficient sleep increases the risk of irritability, poor behavior, as well as depression.
 - **Health:** The lack of sleep or poor sleep increases the risk of high blood pressure, heart disease, diabetes, and obesity. Additionally, during sleep, the body produces valuable hormones that aid in the repair of cells and tissues, help fight various infections, and also manage the body's use of energy.

Closing Activity

- **Stretches**
 - Neck
 - Chest
 - Digiflexors
- **Stability Ball: A great desk chair!**
 - Break out sessions
 - Getting acclimated
 - Sit
 - Seated Single leg
 - Kneeling
 - PLAY!

Questions?

Resources

- American Dietetic Association
- Choose My Plate
- Federal Drug Administration
- Psychology Today
- U.S. Department of Agriculture
- U.S. Department of Health and Human Services