

# Workplace Wellness & You



## Growing Healthier at Work Program Series

Plan to attend these upcoming programs. Remember that for every program you attend you earn one entry into a drawing for a \$500.00 prize at the end of the year. All programs are FREE and held in the Ryberg Auditorium at CGH Medical Center unless otherwise noted:

April 19 at 6:00 p.m. - “How Does Your Garden Grow?” presented by Frank and Connie Selmi. Here is a chance to ask all of your vegetable gardening questions.

Registration appreciated for all programs at [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier).

## “Start” Walking Day

The American Heart Association invites you to wear your sneakers to work on April 6, and take part in National Start! Walking Day. Walk at work and let this be your first move toward adopting a heart healthy work style. Please visit [StartWalkingNow.org](http://StartWalkingNow.org) for more information.

## Women Out Walking

Registration ends April 8! To register online please visit [www.cghmc.com/wow](http://www.cghmc.com/wow) or use attached form.

## Physical Activity and Your Heart

Many Americans aren’t active enough. The good news, though, is that even modest amounts of physical activity are good for your health, especially your heart health. The more active you are, the more you will benefit. The four main types of physical activity are:

- **Aerobic** activity is the type of physical activity that benefits your heart the most. This type of activity moves your large muscles and makes your heart beat faster than usual. Running, swimming, and dancing are aerobic activities.
- **Muscle-strengthening** activities improve the strength, power, and endurance of your muscles. Doing pushups and situps, lifting weights, and climbing stairs are muscle-strengthening activities.
- With **bone-strengthening** activities, your feet, legs, or arms support your body’s weight, and your muscles push against your bones. Running, walking, and jumping rope are bone-strengthening activities.
- **Stretching** helps improve your flexibility and your ability to move your joints. Touching your toes, doing side stretches, and doing yoga are examples of stretching.

You can do physical activity with light, moderate, or vigorous intensity. The level of intensity depends on how hard you have to work to do the activity. To do the same activity, people who are less fit usually have to work harder than people who are more fit. So, what is light-intensity activity for one person may be moderate-intensity for another.

Doing some physical activity is better than doing none. People gain some health benefits from as little as 60 minutes of moderate-intensity aerobic activity per week. For major health benefits, adults should do at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week. Another option is to do a combination of both. You don’t have to do the activity all at once. You can break it up into shorter periods of at least 10 minutes each.

If you have a heart problem or chronic disease, talk to your doctor about what types of physical activity are safe for you. You also should talk to your doctor about safe physical activities if you have symptoms such as chest pain or dizziness.

One of the major benefits of physical activity, particularly aerobic, is that it reduces coronary heart disease risk factors. Some risk factors, such as age and family history, can’t be controlled. But lack of physical activity is a major risk factor that you can control.

*National Heart, Lung and Blood Institute*

## What is Moderate Activity?

Here are some everyday examples of household and sports activities that provide a moderate form of exercise.

### Common Chores

- Washing and waxing a car for 45–60 minutes
- Washing windows or floors for 45–60 minutes
- Gardening for 30–45 minutes
- Wheeling self in wheelchair for 30–40 minutes
- Pushing a stroller 1.5 miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
- Stairwalking for 15 minutes

### Sporting Activities

- Playing volleyball for 45–60 minutes
- Playing touch football for 45 minutes
- Walking 1.75 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Basketball (playing game) for 15–20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1.5 miles in 15 minutes (10 min/mile)



Start exercising slowly, and gradually increase the intensity. Trying too hard at first can lead to injury. Activities to get you started could include walking or swimming at a slow pace. You can start out by walking 30 minutes for 3 days a week and build to 45 minutes of more intense walking, at least 5 days a week. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. Also, try to increase "everyday" activity such as by taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. *National Heart, Lung and Blood Institute*

