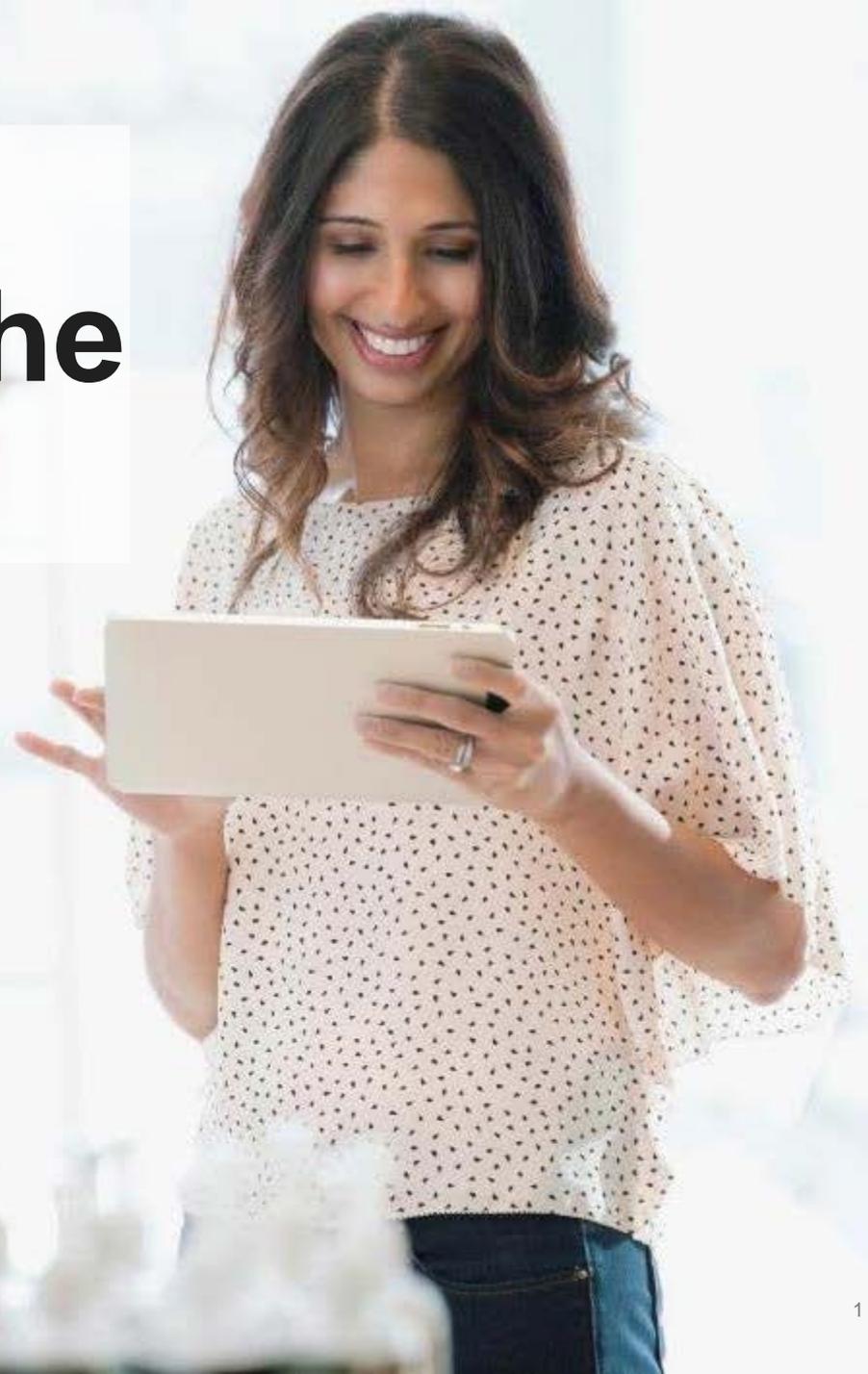


Wellness on the Run Webinar

Small Changes, Big Payoffs

*Everyday health changes
that change you*

March 20, 2019



Welcome

Today's presentation will begin shortly.

- In order to hear the audio for this presentation, please turn up your speakers.
- If you'd like to ask a question, please use the **Q&A area** of the console.
- A PDF of the presentation and other relevant resources are available under the **Resource Widget** at the bottom of the screen.
- To resize the presentation, just drag the lower right corner of the slide area.
- If you need help during the event, please click on the **Question Mark Widget** at the bottom of the screen.

Health Improvement Overload

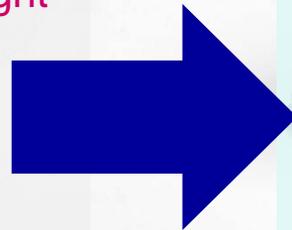


“It’s all too much and not enough at the same time.”

- Jack Kerouac

We want change, but struggle to make it happen

- **88%** understand the connection between a healthy heart and weight
- **74%** are concerned about weight issues
- **65%** of those who are overweight are worried about getting heart disease
- **1 in 2** have a musculoskeletal condition
- Most adults need **7 to 9 hours** of sleep for optimal health
- **3 out of 4** report experiencing at least one stress symptom in the last month



- **Less than half** (43%) make dietary modifications
- **40%** who are overweight admit they're not careful about what they eat
- Only **28%** have told their doctor they'd like to lose weight
- Only **29%** meet the CDC's muscle-strengthening guidelines
- **1 in 3** adults are sleep deprived
- **More than 1/3** of employees eat lunch at their desks, and **more than 50%** assume they'll work during their vacations



Let's Focus on 5 Key Areas

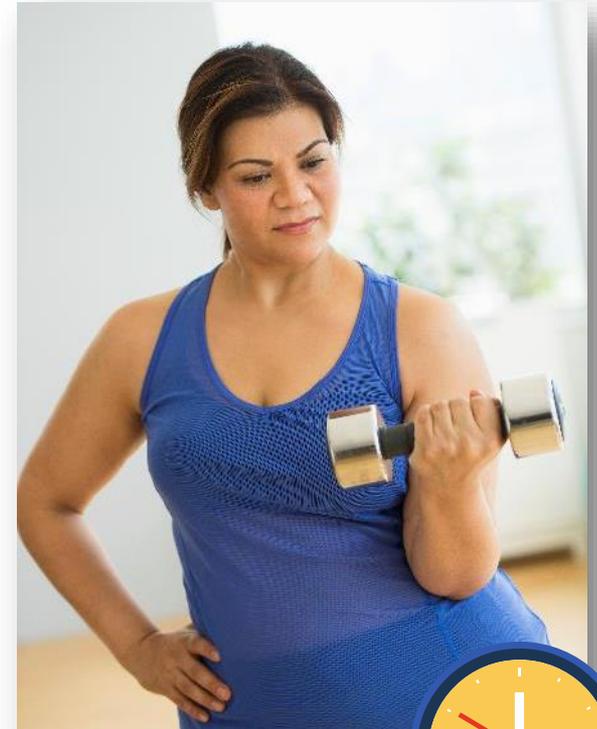
Strength Training is Key

Lower your risk of chronic diseases, bone loss, musculoskeletal concerns, and prevent injuries by lifting weights

- Work every major muscle group at least 2x per week
- Split it into 4 short sessions (two 15 min upper body, two 15 min lower body) –and you're set!

What to do:

- Search online for a total-body routine using resistance tubing or bands, or dumbbells
- Exercises like pushups and squats are easy to do without equipment
- If nervous about using weight machines at a gym, ask for a demonstration



15
MINUTES
2X a week

Deep Breathing Benefits



Take a breath. Deep breathing - also called diaphragmatic breathing - can help you relax to:

- Lower the harmful effects of **cortisol**, the stress hormone
- Lower your **heart rate and blood pressure**
- Ease **anxiety**
- Stimulate the **lymphatic system**
- Improve **core stability**
- Boost your ability to **handle intense exercise**

What to do: Sit or lay quietly. Inhale so that your chest rises (about 4 seconds), and then exhale for a count of 4-8, through pursed lips. Do this for 5 minutes.



5 MINUTES

Exercise “Snacking”

Exercise snacking means squeezing in small workouts throughout the day:

- Quick bouts of exercise **improve cardiorespiratory fitness**, a marker of longevity and heart disease
- **10 min of total activity** has proven benefits

What to do: Head out for a brisk walk, or to your nearest staircase.

- Climb 3-4 flights up/down (60+ steps), as quickly as able – and only without pain
- If opting for a brisk walk, pick up your pace for 5-10 minutes
- Aim for a ‘snack break’ 3+ times a day



Smarter Nutrition Choices



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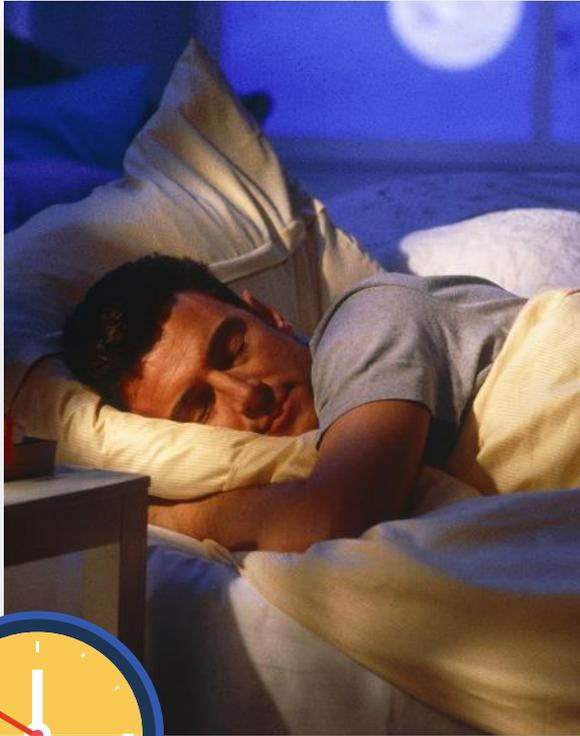
MINUTES

Lose these habits. Make these three small nutritional changes to see a big difference:

- **Cut out one full-sugar soda per day**
- **Watch the “BLTs” (bites, licks, tastes)**
These can add up to hundreds of calories
- **Stick to one drink per day** The calories in alcohol won’t fill you up, can disrupt sleep, and can trigger cravings for bad-for-you food

What to do: Cut out one full-sugar soda each day this week, or cut down alcohol intake to one drink per day. Eliminate the “BLTs” and mindless snacking.

Restorative Sleep



15
MINUTES

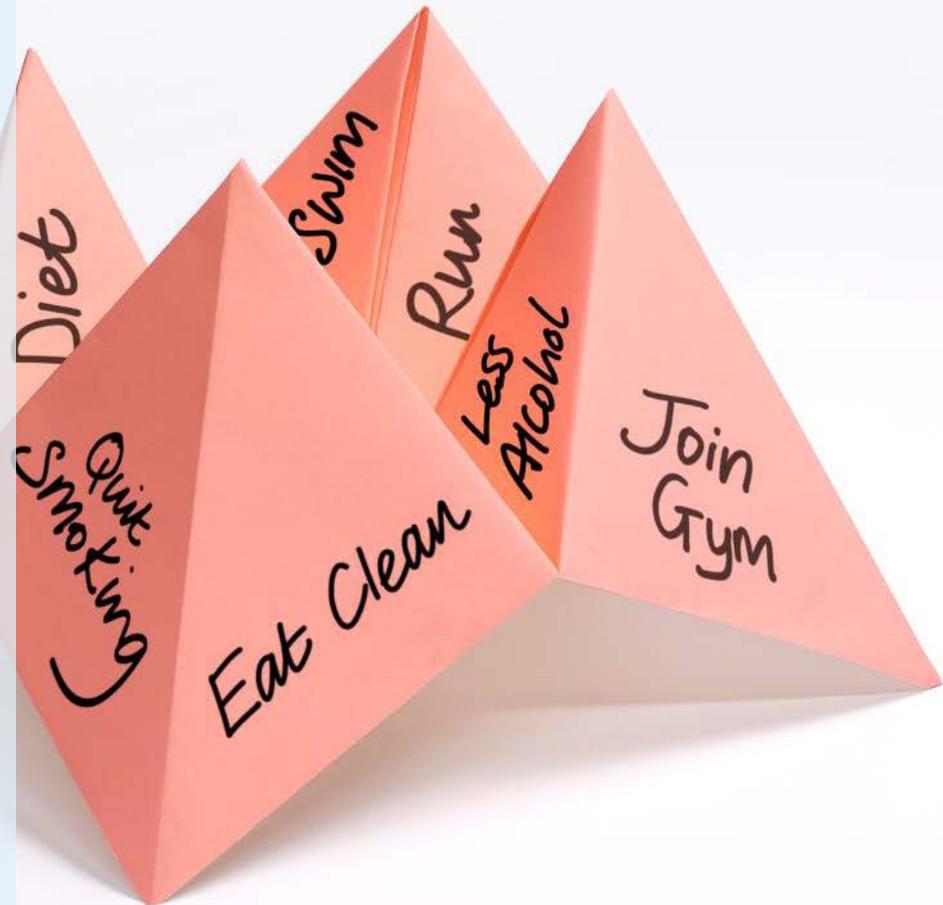
Improved sleep habits will help you feel better, be more productive, control weight, lower blood pressure, promote healing and ward off illness:

- Establish a nighttime routine where you can wind down and relax
- Limit screen-time and furry friends in your bed!
- Keep your bedroom at a cool temperature
- Aim for 7 to 9 hours of sleep a night

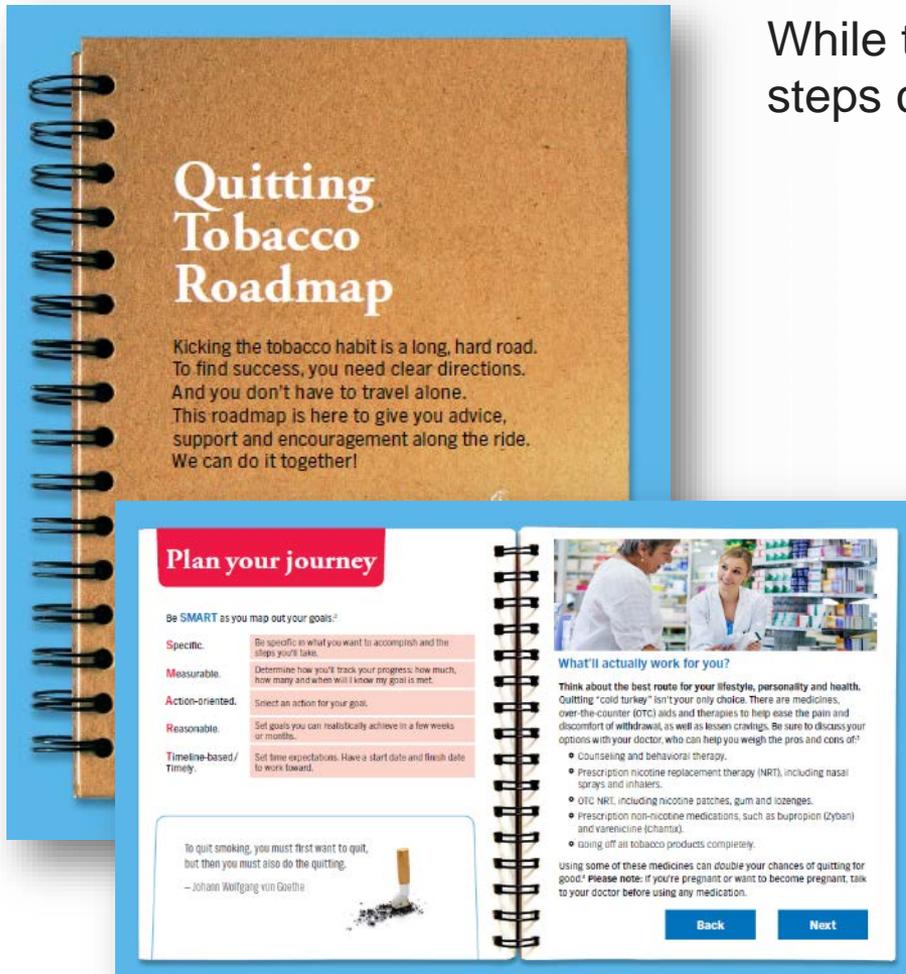
What to do: Start out small by going to bed 15 minutes earlier each day during the week. Then move up to 30 minutes or even an hour.

Start With One Change

- Doing even **ONE** of these **5** things will improve overall health.
- You have **far more control** over health and well-being than you know!
- Start with **one small change** and stick with it for one to two weeks.
- After 1-2 weeks, add on another new healthy behavior change.
- **Even if you did ALL** of these things in one day, that still equals less than 1 HOUR of time!



Tobacco Cessation



While tobacco cessation is not a “quick fix”, small steps can be taken to break the tobacco habit

- NEW Resource – **Quitting Tobacco Roadmap**, an interactive PDF playbook
- Distribute to employees for help with creating a plan to quit tobacco products
- Contains a step-by-step guide to make a personal cessation plan, resources and helpful websites, and more

Helpful Resources

Time Well Spent[®]

- Check out the **Employee Education Section** for materials to distribute to employees
- **Health Kits:** Wellness campaigns focused on relevant health topics. On TWS, see “Employer Planning → Health Kits”
- **FitLife Podcast Series:** 10-15 Min Podcasts with practical advice on healthy eating, fitness myths, and more

SpecialOffers: Check out discounts on health and fitness items through your health plan website

The Benefits Guide: Your guide to navigating the health care marketplace. SG focused. thebenefitsguide.com

Time Well Spent



The Benefits Guide



Ask your Account Representative also about the availability of Worksite Wellness Health Seminars focused on some of the specific topics we've covered today. LG and ANA.

Wellness on the Run Series



Please take the survey following this webinar!

- Thank you for joining us today!
- We will be taking the opportunity **to re-evaluate the Wellness on the Run series**, including the scope of the series and the potential to broaden it beyond wellness.
- We will be evaluating the **timing of events, and potential topic lists**.
- **Your feedback is very valuable** as we look to provide the most helpful content for your businesses.
- If interested, **previously recorded, on-demand events** are available on the [webinar archive page](#).

Q&A

