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# MANUFACTURER'S REPORT



## No More Excuses!

Humans aren't meant to sit in front of a computer, Wii or television all day, and the fact that more than 60 percent of American adults are overweight is a testament to how unhealthy a sedentary lifestyle is. Clearly, exercise is crucial to a long and healthy life — and you might be surprised at just how little physical activity you need each day to achieve big health results! Exercise and a healthy diet can reduce many of the signs of aging and ward off many serious health problems.

### Risks of a sedentary lifestyle

Couch potatoes may find themselves developing a whole host of health problems that could be avoided with a little light exercise, a few times a week. The consequences of doing nothing can be severe. A moderate exercise program can help prevent serious diseases, including:

- \* Heart disease
- \* Osteoporosis
- \* Type 2 diabetes
- \* Certain cancers

Even if you escape the major health risks, an inactive lifestyle can also contribute to difficulty sleeping, depression, lack of focus and low self-esteem — all of which should be threatening enough to get you moving.

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**Being sedentary isn't cheap**

Besides helping you avoid health problems and major illnesses, exercise can also provide benefits such as better sleep, a lower stress level, weight loss, improved mental focus and a more upbeat mood. And exercise helps manage cholesterol levels — it causes an increase in HDL (the “good” cholesterol) and a decrease in LDL (the “bad” cholesterol).

Because of these benefits, being healthy can really save you money. A 2004 study analyzing

medical claims from a sample of more than 23,000 adults over a one-year period found that those who exercised one to two times a week paid an average of \$221 less for their annual health care costs. Those who exercised three or more times a week paid \$285 less.

A separate study found that people who have a high body mass index (BMI) had \$2,366 more in medical claims than those who have a normal BMI, and the high-BMI group also had twice as many sick days as the

normal-BMI group. (BMI is calculated based on your height and weight, and an online BMI calculator can quickly tell you whether you are normal, overweight or obese.)

**Get a move on!**

So you're convinced that exercise can invigorate you, lower your medical bills and extend your life. But how do you put together an effective workout program — especially if you're a busy working adult without much time to spare?

**The Mayo Clinic has a helpful guide to the 4 elements of a good exercise program:**

- **Aerobic exercise** — 30-60 minutes most days of the week is ideal, but it's okay to break it into smaller workouts (such as three 10-minute workouts at different times during the day). Walking, biking, jogging, swimming — even vigorous housework (e.g., hauling laundry up the stairs) or roughhousing on the floor with the kids counts, as long as it gets your heart rate up.
- **Strength training/Muscular fitness** — Strength training helps your body burn calories more efficiently and increases lean muscle mass. Try hand-held weights or resistance bands, or let your own body be the weight by doing pushups and squats.
- **Stretching** — Useful for increasing flexibility and improving your posture and circulation, stretching also feels great after sitting at a desk for three hours. For best results, do stretches after workouts, when muscles are still warm and easier to stretch. Even if you're not physically active, you'll benefit from doing stretches at least three times a week.
- **Core stability** — The cornerstone of many modern fitness programs, the “core muscles” — those in the abdomen, lower back and pelvis — are crucial for balance and good posture. Exercise your core with abdominal crunches or by balancing on a fitness ball.

In general, it's best to exercise in the late afternoon, five to six hours before bedtime, so that you'll get the best rest without being too energized from a late workout.

**Wellness at your workplace**

Employees who don't exercise face bigger health risks, higher medical bills and more sick days than those who do exercise. So as an employer, what can you do

to provide healthy-lifestyle information that will benefit both your employees and your business?

PHS offers wellness programs custom-made for your needs and corporate culture. Choose a general health awareness program or target high-risk behaviors and factors such as smoking, obesity, stress and of course, the overall sedentary lifestyle.

Learn more about our Lifestyle Assessments, Clinical Testing and Health Coaching — all performed onsite at your workplace, so you'll see the best results without a dip in employee productivity. Contact PHS today at 1-800-833-3005 or solutions@phsmobile.com.



## ***Sponsor Acknowledgement***

***The Spring Edison Electric Institute (EEI) Occupational Safety and Health Conference in April was a great success. EEI and the members would like to express their appreciation to the Sponsors for their contribution. A special thank you goes out to Workrite, DRIFIRE, NASCO, ORR Safety, Professional Health Services, and Reflexite for their continued support. And, a warm welcome and thanks are extended to our new sponsors Syntex and Walls. All of these sponsors not only enhance our conference experience they play a vital role in assisting our members in their quest for the latest in information & technology in safety and health.***

