

Improving Health and Wellness at Work

Presented by
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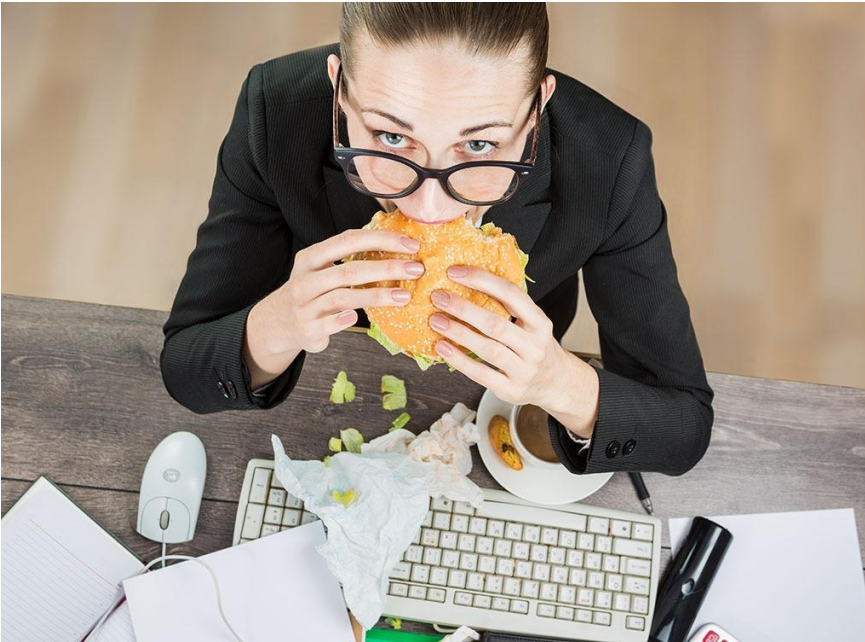
Sedentary Lifestyle Health Risks

- Anxiety
- Cardiovascular Disease
- Colon Cancer
- Depression
- Diabetes
- High Blood Pressure
- High Cholesterol
- Obesity
- Osteoporosis
- Scoliosis
- Spinal disc herniation (low back pain)

Ways to Increase Physical Activity at Work



Healthy Eating at Work



- Don't eat at your desk
- Bring a healthy, protein packed lunch
- Bring a refillable bottle for water
- Stay away from vending machines
- Keep healthy snacks at your desk

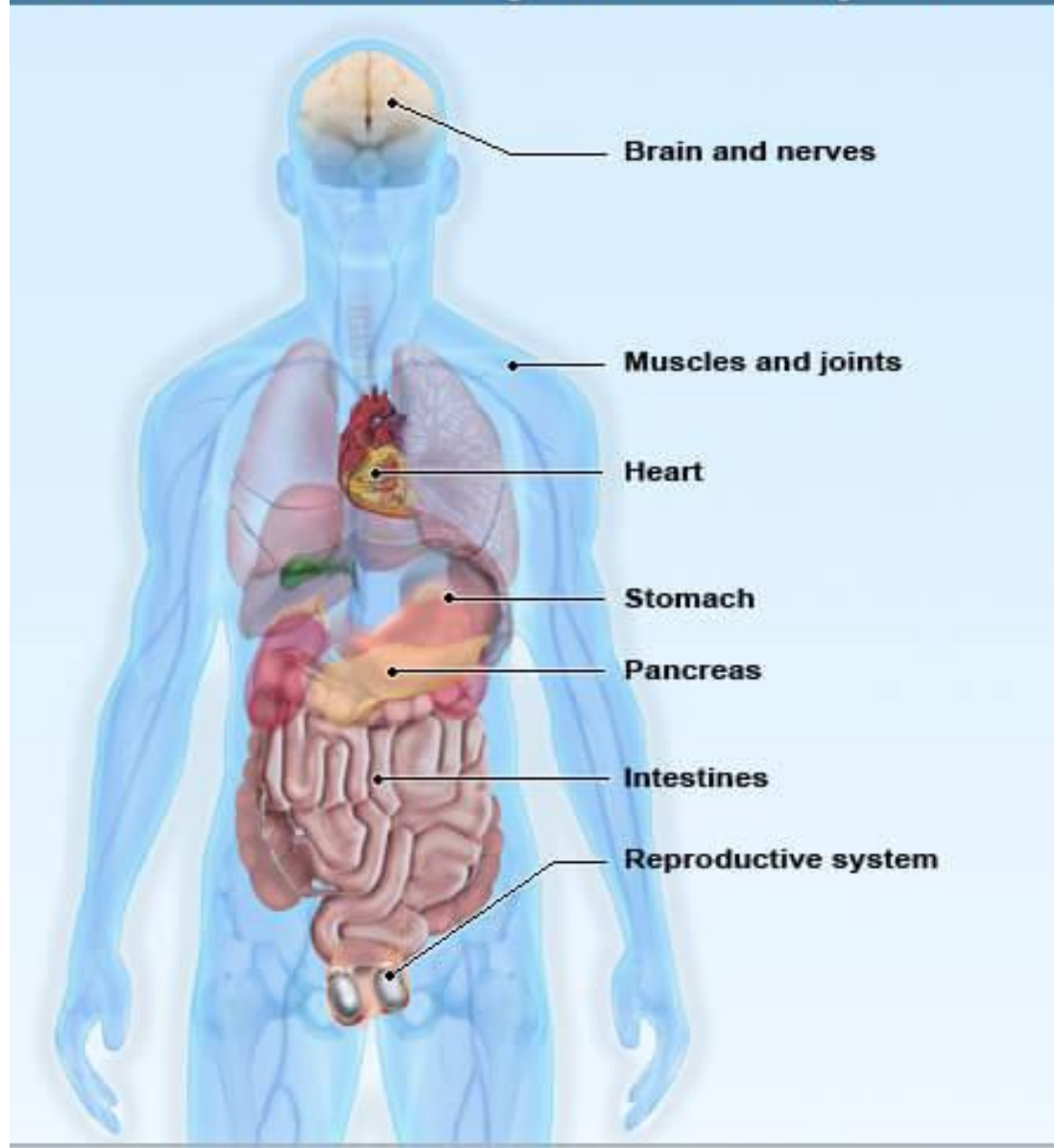
Protein Packed Snacks – Watch Portion Sizes!

- Jerky
- Boiled eggs
- Trail Mix or mixed nuts
- Deli Roll Ups
- Protein Bars – Kind
- Hummus and veggies
- Greek Yogurt and granola or fruit
- Reduced fat cheese
- Peanut butter with veggies/fruit
- Almonds
- Tuna with whole grain crackers

Stress Management

- What is Stress?
 - Some stress is normal and helpful
 - Most of the time, caused by daily hassles and events
 - Sudden life changes
- Know the signs of stress
 - Nervous, angry, irritable, tired, depressed, excited, tense in the neck and shoulders, worried

Areas of the body affected by stress



Take Small Steps to Relieve Stress

- Stop and count to 10 before you react
- Go for a walk
- Take a few slow, deep breaths
- Focus on positive thoughts
- Listen to music
- Stretch your muscles
- Take a hot bath or shower
- Massage neck and shoulders to release tension

Relaxation Techniques

- **Fight Response** – angry, agitated, or keyed up under stress?
 - Meditate, deep breathing, guided imagery, dark room
- **Flight Response** – depressed, withdrawn, spaced out under stress?
 - Rhythmic exercise, massage, mindfulness, yoga
- **Immobilization Response** – freeze or become stuck under stress?
 - Running, dancing, tai chi – perform it mindfully focusing on the body as you move

Ergonomics

- The study of people's efficiency in their working environment
- Goal: reduce stress and eliminate injuries and disorders
- Avoid static or prolonged postures
- Take frequent breaks
- Use good posture when sitting

CORRECT SITTING POSTURE



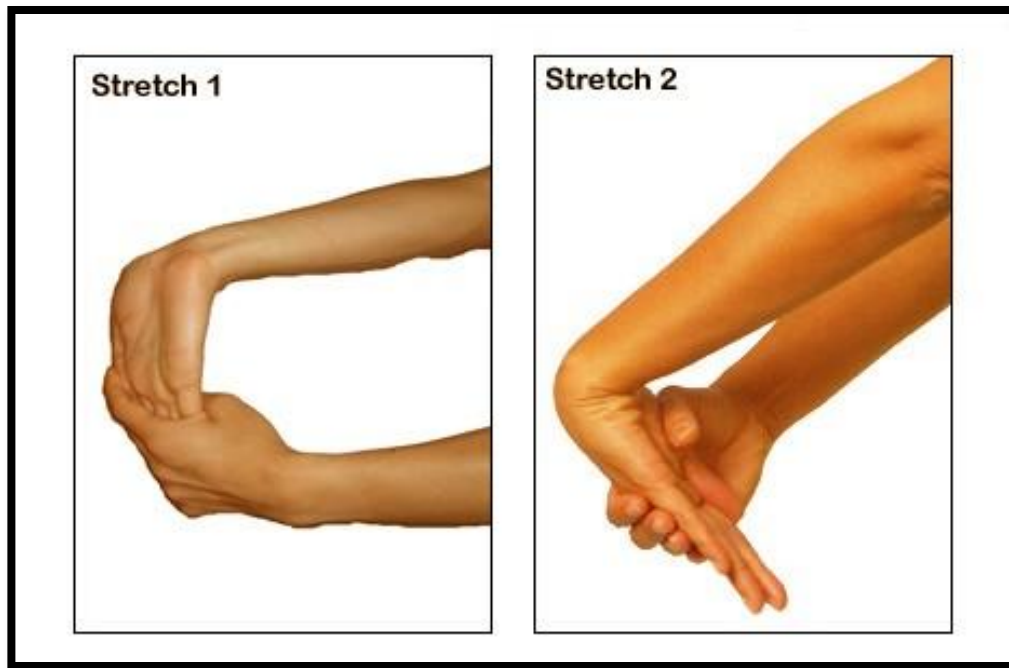
Stretching and Exercising at Your Desk

Neck and Shoulder Stretches

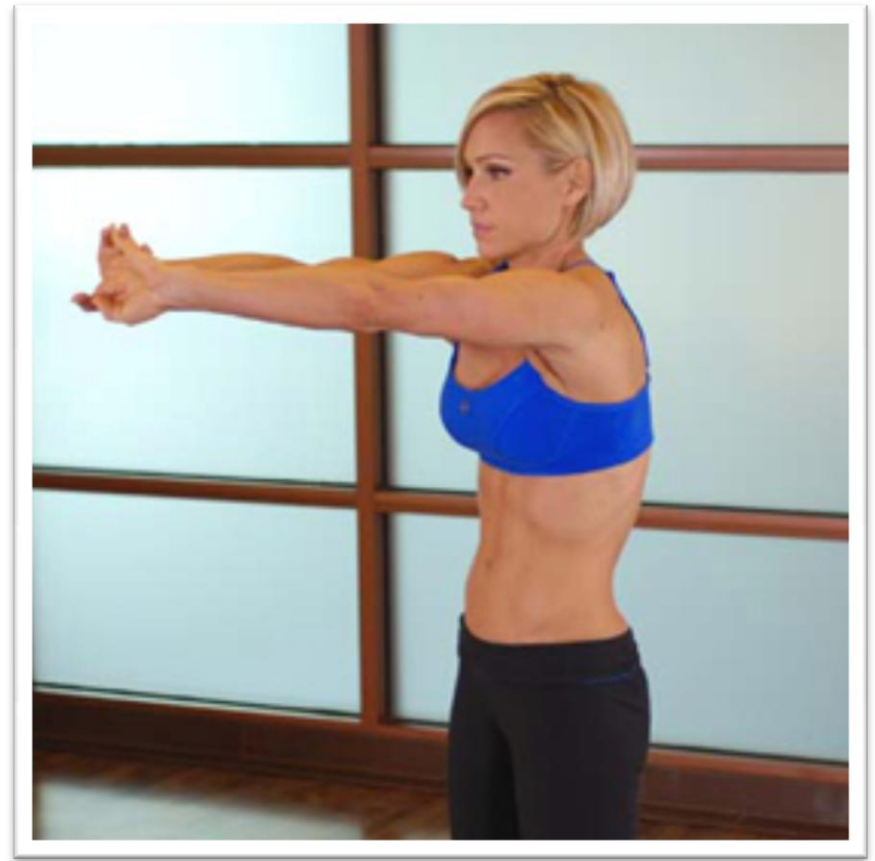
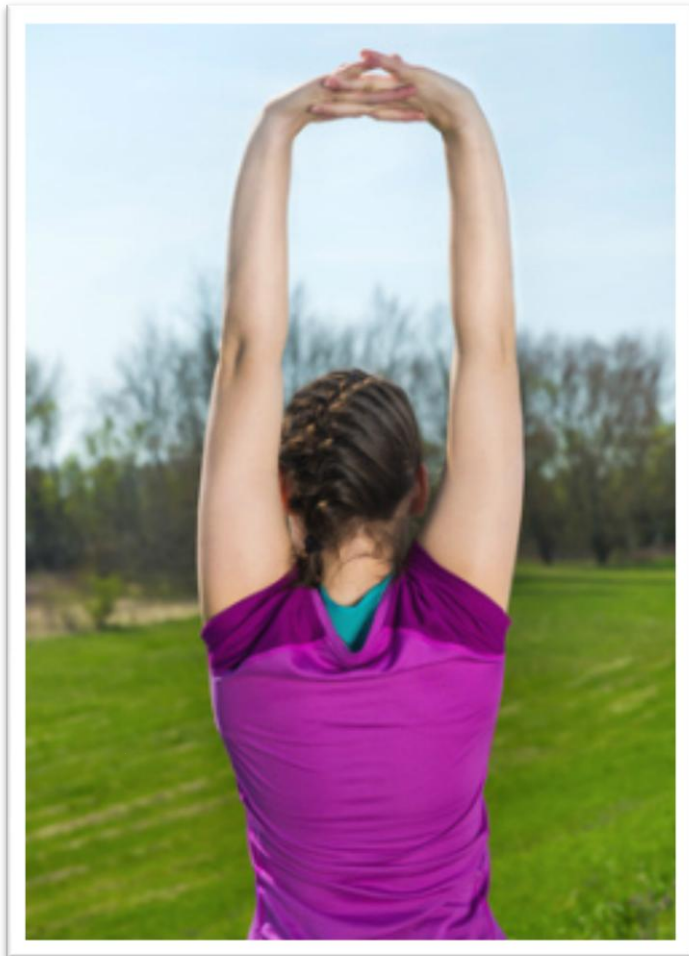


Wrist/Forearm Stretch

Triceps Stretch



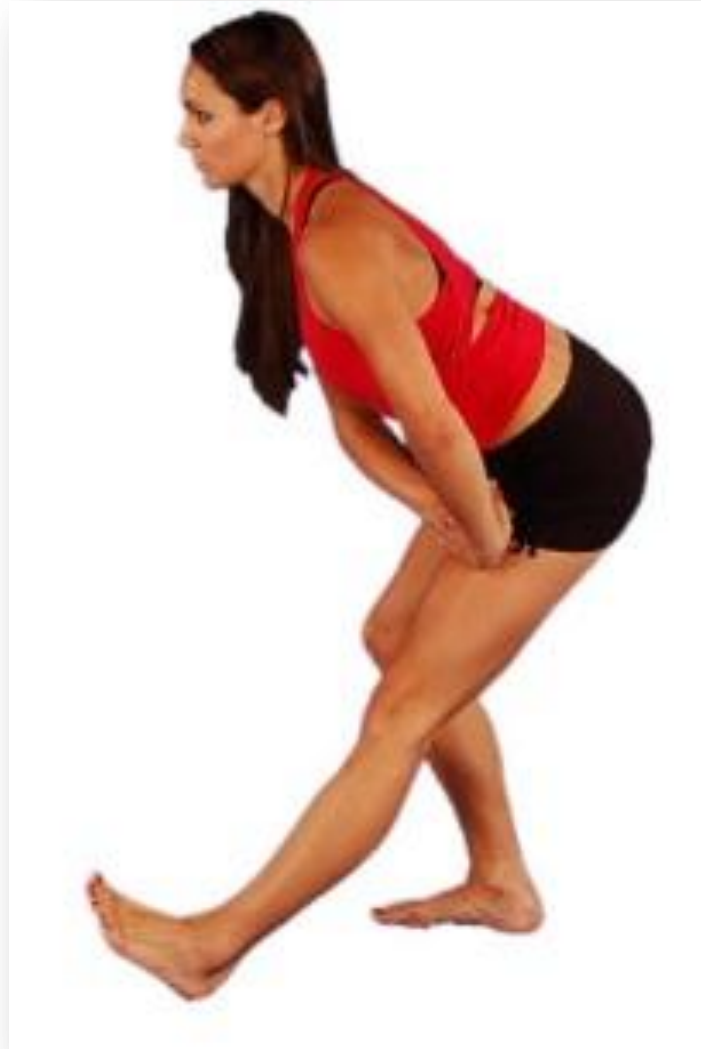
Upper Back Stretches



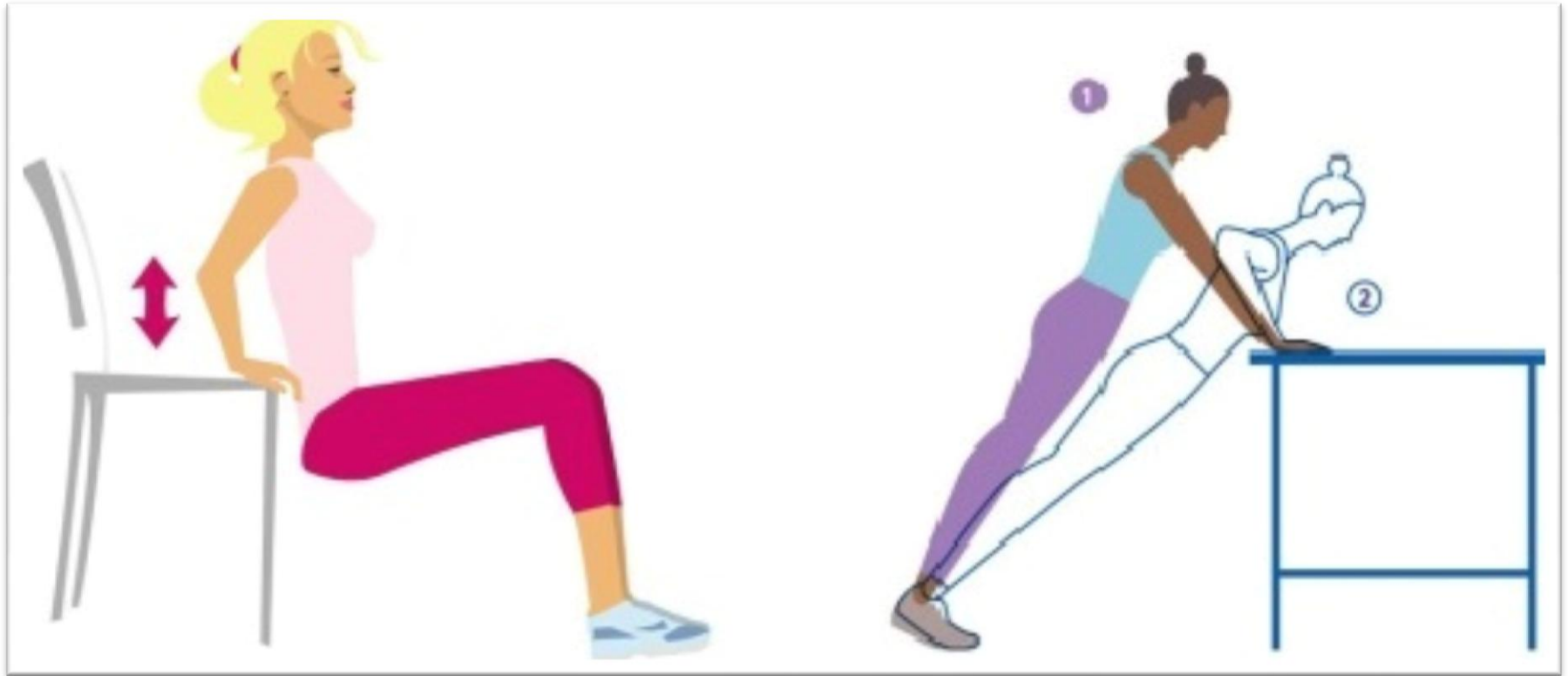
Quadriceps and Hip Flexor Stretch



Hamstring Stretch



Exercises You Can Do At Your Desk











Importance of Workplace Health and Safety

- Everyone has health risks to some degree:
 - Unhealthy Eating
 - Lack of Exercise or Sleep
 - Drinking alcohol
 - Smoking
 - Genetic Disease or disorder
- Helps limit the time taken for missed work days
- Helps limit chronic pain or chronic disease such as high blood pressure or diabetes
- Improves quality of life and enhances personal effectiveness

What can you do today to improve your health and fitness?



Questions?

For those online or on phone, You can reach me at 225-298-7667 or by email at ClaiborneNurse@bcbsla.com anytime.

