



In motion Update

MAY, 2006

WORKPLACE WELLNESS



Hike and Bike Challenge

The Hike and Bike Challenge is a week-long campaign (June 4-10) organized by *in motion* and the Saskatchewan Environmental Society. The objective is for people to use active transportation instead of driving and to increase their physical activity levels.

Active transportation uses human-power energy for transportation. It includes walking, cycling, wheelchair, in-line skating, skateboarding and other ways of using human-power to get to work, school, shop, or visit friends. Active transportation is good for the environment and good for your health! Using active transportation instead of driving will reduce emissions of greenhouse gases and other pollutants. It is a convenient way to get "in motion".

Workplaces, families, friends and community groups can form teams of up to 10 people. Keep track of the trips you make during the Challenge week using active trans-

portation - your commute to and from work as well as other trips or errands you take throughout the day. Your team can win a lunch at a Saskatoon restaurant. Individuals can win great prizes in a draw.

This year a Hike and Bike Champion meeting will be held. More information on the meeting date and time will be out to all *in motion* worksites in May.

Information on the Hike and Bike Challenge can be accessed from www.in-motion.ca or www.environmentalsociety.ca/hikebike



Choosing Active Transportation is good for the Environment and is great for your HEALTH!

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WHO'S "IN MOTION"?

- * Innovation Place
- * Leadership Saskatoon
- * Open Door Society
- * Saskatchewan Prevention Institute
- * Your Dollar Store With More—#327
- * HOPE Cancer Help Centre
- * Marriott Global Reservations



NIBBLE NOTES FROM VAL-DESKTOP DINING

Do you find yourself eating at your desk rather than taking a scheduled lunch break? A survey of American adults found 1/3 eat at the office with half of those eating at their desks and half in the cafeteria. When planning lunches for work most of us only worry about what to pack in our lunch bag.

Here are some things to consider next time you're taking lunch to the office:

Packing Lunches

Use an insulated lunch bag with a frozen juice box or small reusable ice pack to keep cold foods cold. Wash lunch bags and all serving utensils including water bottles in hot soapy water and rinse well.

Storing Lunches

Once at work, place food in the refrigerator if one is available. Thaw

frozen food in the refrigerator. Put any food left from lunch back in the fridge right away. Never leave perishable food at room temperature more than 2 hours. This rule applies to office treats like birthday cakes, fruit and vegetable tray or potluck items.

Office refrigerators tend to be neglected on any cleaning schedule. Be proactive and toss your leftovers within 3 days.

Eating Lunches

How many of us wash our hands before preparing and eating our lunch? No time to wash with soap and water, then try to use a towelette or hand sanitizer. We tend to forget that good hand washing is the single most important thing we can do to prevent illness and reduce the spread of communicable disease.

If you actually eat at your desk, you

might not realize that desks are one of the dirtiest places in the office. Both desk surfaces and phones can harbour more than 20,000 germs/square inch which is 400 times more germs than a toilet seat!

Consider your coworkers. When you eat at your desk, does the aroma of hot food or the rustling of food items affect them? Remember phones amplify sound; try not to answer the phone while eating.

Employees who feel the need to work through lunch hours can be less productive and have low morale. Employees also give up an opportunity to take a short walk and recharge their bodies. So the next time you're thinking of eating at the office, consider the bigger picture. Take a break, socialize with others and give your food the same consideration you would meals at home.

SLIP! SLAP! SLOP!

You can enjoy healthy activities while in the sun. Follow these guidelines to protect yourself and your loved ones.

Visit www.sk.cancer.ca for more information.

- * Reduce sun exposure between 11am and 4pm
- * Seek shade or create your own shade
- * **SLIP!** on clothing to cover your arms and legs
- * **SLAP!** on a wide-brimmed hat
- * **SLOP!** on sunscreen with SPF#15 or higher
- * Keep babies under one year out of the direct sun
- * Tanning salons and sunlamps are not a safe way to tan
- * Wear sunglasses

Congratulations to Concentra Financial, winner of the **in motion** Healthy Eating Nutrition Month Draw. Here are some initiatives that took place at Concentra Financial for March 2006

- * shared resources from www.dietitians.ca
- * created a nutrition display in the cafeteria
- * hosted a healthy eating Lunch and Learn session
- * emailed staff healthy eating tips from www.dietitians.ca



Exercise can ease symptoms for Depression

If you have depression or anxiety, you might find your doctor prescribing a regular dose of exercise in addition to medication or psychotherapy. Exercise isn't a cure for depression or anxiety. But its psychological and physical benefits can improve your symptoms.

"It's not a magic bullet, but increasing physical activity is a positive and active strategy to help manage depression and anxiety," says Kristin Vickers-Douglas, Ph.D., a psychologist at Mayo Clinic, Rochester, Minn.

When you have depression or anxiety, exercising may be the last thing you think you can do. But you can overcome the inertia.

How exercise helps depression and anxiety

Exercise has long been touted as a way to maintain physical fitness and help prevent high blood pressure, diabetes, obesity and other diseases. A growing volume of research shows that exercise also can help improve symptoms of certain mental conditions, such as depression and anxiety. Exercise also may help prevent a relapse after treatment for depression or anxiety.

Research suggests that it may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve symptoms of depression. However, smaller amounts of activity

— as little as 10 to 15 minutes at a time — have been shown to improve mood in the short term. "So, small bouts of exercise may be a great way to get started if it's initially too difficult to do more," Dr. Vickers-Douglas says. If you exercise regularly but depression or anxiety still impairs your daily functioning, seek professional help. Exercise isn't meant to replace medical treatment of depression or anxiety.

To view the entire article, visit the following web site:

www.mayoclinic.com/health/depression-and-exercise/MH00043

Fit to Climb the Corporate Ladder?

Reports on a new study that concludes corporate executives who exercise regularly perform much better at their day jobs than their sedentary counterparts. The study looked at data from thousands of executives who have attended corporate leadership seminars since the early 1990s at the Center for Creative Leadership, or CCL, in Colorado Springs, Colo. Researchers divided the participants into two groups based on their self-reports: exercisers and non-exercisers. The key finding? Exercisers scored better than non-exercisers in all leadership categories, including credibility, leading others and interpersonal savvy. They also got superior marks for organization, productivity, optimism, dependability, flexibility, energy and staying calm. The exercise group also had significantly fewer health risk factors than non-exercisers. The data showed that exercising execs spent an average of 59 hours per week at work while the more sedentary group dedicated 57.6 hours to their jobs.

(The Hamilton Spectator Thu 23 Mar 2006 Byline: John Briley)





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This newsletter is on the Web!
www.in-motion.ca
Look under News

Physical Activity....*DO IT For Life!*

In motion Healthy Lifestyle Poster Series

You can impact the Health of **ALL** your Employees for **LESS THEN \$1 a Day!**

Benefits

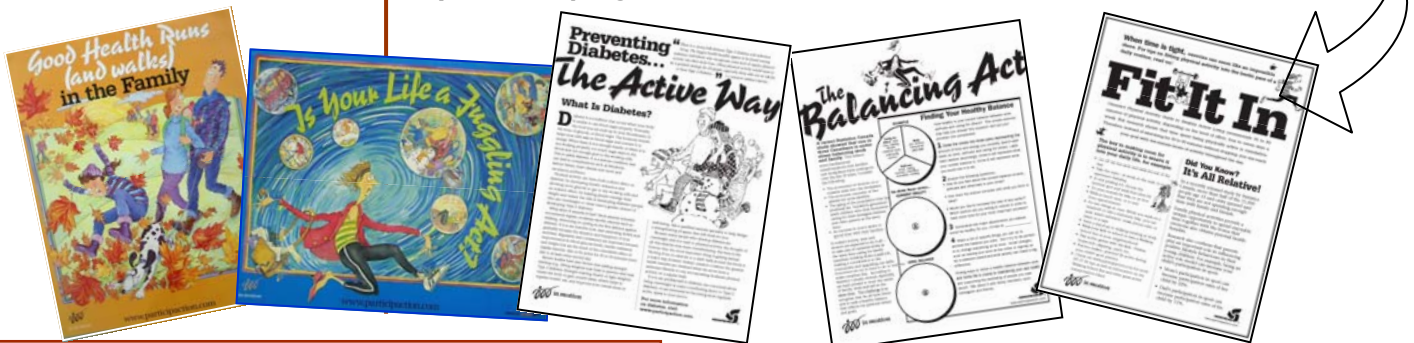
- Developed by an international renowned pioneer in Health Promotion—ParticipACTION!
- A convenient, “turn key”, quality wellness education program.
- Saves you the time and costs associated with researching, writing, designing and producing quality resources.
- Highly cost-effective while taking little or no time away from your day.
- Demonstrates **YOU CARE** about the health and well-being of the people your are targeting.

- Six seasonal posters, cleverly illustrated to attract attention and establish the themes (17”x22” in size, full color).
- Twenty-four bi-monthly, attractively designed information sheets. Copy as many as you would like.
- **In motion** banner to attract attention to the bulletin board wellness location.
- Attractive “take one” bulletin board pocket holder for easy access .
- “How To Make **in motion’s** Healthy Lifestyle Posters work for You” getting started resource for the **in motion** Champion.

To order, call **in motion** at 655-DO IT (3648) or visit our web site at

www.in-motion.ca

A cost-effective, year-round, turn-key wellness program that includes:



Upcoming Events

Race to Recovery: Most of us know someone who is experiencing, or has experienced, cancer. One in three women and one in three men will likely experience cancer during their life.

On Oct. 1/06, participants can walk 2 or 5 km or can run 5 or 10 km. **HOPE** and Brainsport provide a **free**, 5-week running clinic leading up to our event. It is meant to help participants train to run a the 5 km portion of the event. **HOPE** and Brainsport understand the value of fitness in maintaining a healthy lifestyle and in helping to prevent various diseases and afflictions. Call **HOPE** Cancer Help Centre at 955-4673 to register or for more information check out the **in motion** event calendar.

May 15—Beet Beethoven (665-6414)

May 28—Saskatchewan Marathon—
www.saskatoonroadrunners.ca/marathon

For more events, check out the event calendar on the *in motion* web site.

In motion is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

In motion’s founding partners include:

- * Saskatoon Health Region
- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- * Children & Youth
- * Older Adult
- * Workplace Wellness
- * Health Care Professional Referral
- * Primary Prevention of Diabetes
- * Inactive Adults