

LIVE WELL

INSPIRING EMPLOYEES TO THE ACTION STAGE

THE FOUNDATION OF SAFETY

MEMBER
OREGON GOVERNOR'S COUNCIL
ON PHYSICAL FITNESS & SPORTS NETWORK

Dr. BUD HARRIS
CPT, cWC, CET
INSURED, REFERENCES

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503.441.2484 - bud@fitnesswork.com
www.justdoanything.com

The Teacher Will Appear When the Student is ready!
"Make the Decision to JUST DO Anything!" - Dr. Bud Harris
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"The doctor of the future will give no medicine but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of disease." - Thomas Edison

LEARNING OBJECTIVES

- Attendees will thoroughly and completely understand the current chronic health epidemic and its affect on employer's bottom lines, their communities, and the nation as a whole.
- Learn simple yet effective strategies to integrate wellness into your existing Safety committee programs and keep INFO in front of those not engaged in a healthy lifestyle to spur ACTION!
- Take away valuable research data on where to find FREE and almost FREE health promotion tools, newsletters, and educational products already created for your use.

50th ANNIVERSARY
1956-2006

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What is in this Yummy Golden Sponge Cake

I need the audience to help me....let's figure this out....together...

Can I get a Volunteer....

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Golden Sponge Cake - Daughters Cooking Teacher

Could Have this:
White cake mix
Vanilla instant pudding
Eggs
Milk
Butter
Vanilla
Flour
Sugar
Crisco
Water
Salt

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What Is In That Innocent Cake

THE FILLING

- Shortening (in the form of partially hydrogenated vegetable oil and/or beef fat) is the main ingredient.
- Polysorbate 60 is a gooey substance that helps replace cream and eggs at a fraction of the cost. It's derived from corn, palm oil and petroleum.
- Cellulose gum gives the crème filling a smooth, slippery feel.
- Artificial vanillin is synthesized in petrochemical plants.

THE CAKE

- Lecithin is an emulsifier made from soy. It's also used in paint to keep pigments evenly dispersed.
- Diacetyl mimics the taste of butter, since the real stuff would go rancid on a store shelf.
- Cornstarch is a common thickener. But it's more often used to make cardboard and packing peanuts.
- Yellow No. 5, Red No. 40 give the cake the golden look of eggs.
- Sorbic acid, the only actual preservative in Twinkies, comes from petroleum.

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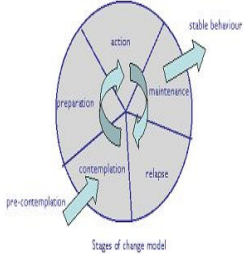
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Cotto Salami ingredients

Mechanically separated chicken
Beef hearts (you gotta love 'em!)
Pork
Water
Corn syrup (sugar)
Beef
Salt
Sodium lactate
Flavor
Sodium phosphates
Sodium diacetate
Sodium erythorbate (made from sugar)
Dextrose
Sodium nitrite
Soy lecithin
Potassium phosphate
Potassium chloride
Sugar

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Stages of Change



Stages of change model

Precontemplation
Not yet acknowledging that there is a behavior that needs to be changed

Contemplation
Acknowledging but not yet ready or sure of wanting to make a change

Preparation/Determination
Getting ready to change

Action/Willpower
Changing behavior

Maintenance
Maintaining the behavior change

Relapse
Returning to older behaviors and abandoning the new changes

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HEALTH (SICK) CARE COST 59% INCREASE SINCE 2000



"Something I think people would find surprising is that the most expensive component of a Chrysler brand vehicle isn't steel or plastic, but health care."

-Kathy Oswald
Former Senior VP Human Resources
Chrysler Corporation


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95% of Sickare Costs

Yet 95% of dis-ease care costs in America are for treatment of chronic conditions....only 5% on prevention!

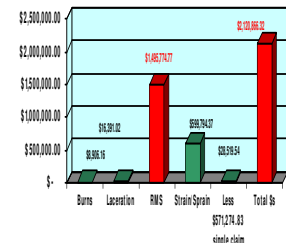
Almost 15% of our GDP is taking care of sick people.

The average retired American will be on 6 meds by the age of 65.



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Injuries Today Can Be Traced to Lifestyle



RMS is 81% of injury types and is 99% of Worker\$ Comp costs!

Factoring in indirect costs, the price tag for ergonomic injuries between 2000 and 2005 can be approximated at \$4.2 million dollar\$!!!

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Related To Our Holistic Health

INTEL Ronler Acres, Lead Ergonomist Tony Brace. We were talking about SEPT Injuries, all but one were Ergo related (11)

He said, "If people would just move more.."



Lonnie Turner, City of Portland Risk Manager said that he is seeing more and more injuries occurring from slips, trips without the falls..

Strains & Sprains. All....we need to take some action!

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Portion Distortion – Let us Play I have a prizes!

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk and mocha syrup)



How many calories are in today's coffee?

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COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today


Mocha Coffee
(with steamed whole milk and mocha syrup)



350 calories
16 ounces

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Weight is a Balancing Act ~ Calories In = Calories Out



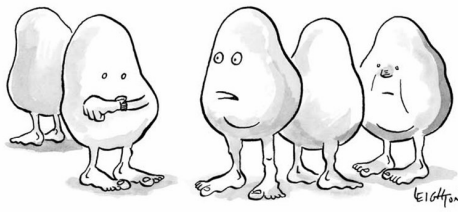
How long will you have to walk in order to burn those extra 305 calories?~ 1Hr 20 mins

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wellcoaches

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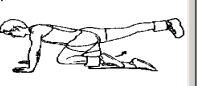


YOUR LOST WEIGHT



(16472)

"Ready to head back?"


5 Minutes of Total Body

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Whole-body Exercise Band Workout

Resistance bands are great exercise accessories. Not only are they portable and easy to use, they're extremely effective for strengthening muscles, improving balance, and increasing flexibility. They're also fun to use!




1. STANDING BAND PULL-AP

Stand with feet on the band, one foot on each side of the band. Pull the band up towards your chest, keeping your arms straight. This exercise strengthens the back, shoulders, and arms.




2. SEATED BAND PULL-AP

Sit on the floor with the band around your feet. Pull the band up towards your chest, keeping your arms straight. This exercise strengthens the back, shoulders, and arms.




3. STANDING BAND SQUAT

Stand with feet on the band, one foot on each side of the band. Squat down, keeping your back straight. This exercise strengthens the legs and glutes.




4. SEATED BAND SQUAT

Sit on the floor with the band around your feet. Squat down, keeping your back straight. This exercise strengthens the legs and glutes.



5. STANDING BAND LUNGES

Stand with one foot on the band, one foot on the floor. Lunge down, keeping your back straight. This exercise strengthens the legs and glutes.



6. SEATED BAND LUNGES

Sit on the floor with one foot on the band, one foot on the floor. Lunge down, keeping your back straight. This exercise strengthens the legs and glutes.

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Over Exertion NOT Required!

Barrier: I just don't like exercise

Solution: Good news-you do not have to run or do push-ups to get the benefits of being physically active. Try dancing to the radio, walking outdoors, or being active with friends to spice things up.

- Take 2- to 3-minute walking breaks at work a few times a day.
- Put away the TV remote control—get up to change the channel.
- March in place during TV commercials.
- Take the stairs instead of the elevator.
- Stand or walk, rather than sit, while talking on the phone.
- Play with your family—kids, grandchildren, nieces and nephews, etc.
- Walk to your coworker's office rather than use the phone or email.

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Big Pharma Again to The Rescue

Don't worry though...

We can now **Have**
it ::All:: without
any effort.



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**"What fits your busy schedule better, exercising
one hour a day or being dead 24 hours a day?"**

KEEP The INFO Out The Teacher Will Appear When the Student is ready!

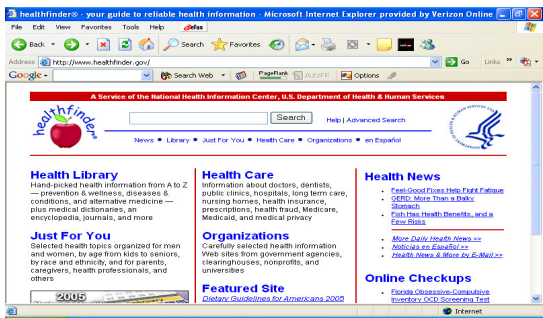
- Take Over a Company Bulletin Board, or three, post health topics
- Change the Safety Committee name: Safety and Health Promotion Committee and Recruit Volunteers, and start to solicit suggestions
- Lobby for Filtered Water, look for healthy role models, a gatekeeper
- Get Safety Committee Support, Agenda Items, Action Items
- Acquire a Facility Drawing to Plot Walking Routes, Distances, Strolls
- Start a Walking Program W/Cheap Pedometers, Rewards, Challenges
- Gather Up Company Health & Wellness Promotion activities existing
- Tie Wellness initiatives to a Productivity Metric or Safety Goal (ergo)
- Keep Proactive actions and movement alive at all times, Be Well
- Build New-Comers Orientation, annual refresher with NEW WellStuff
- Understand that change takes time but that forgiveness is better
- Do not concede to naysayers, even though they may persist!!
- Never Say Never, weakness precedes persistence & progress!!
- Be and live the healthy change you want to see in the organization

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FREE RESOURCES ON THE WEB



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The New Profession of Wellness Coach

- Health, fitness, or mental health credentials
- Trained and certified in coaching psychology
- Experts in delivering self-efficacy
- Address physical and mental health together
- Consumer driven
- Primary care physician referral

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Sample Wellness Plan

My Wellness Vision

- Radiating more youthful energy and vigor
- Being a role model for my kids
- Increasing my best energy from 30 to 50% of my workday
- Decreasing my health/ financial risk related to hypertension
- Making stress and weight management part of my every-day life

Three Month Goals:

- Do aerobics at an intense level for 30 minutes 3 times per week
- Make nutritious choices at restaurants 3/4 times per week
- Reduce my daily stress peak from 8 to 6 out of 10 by two 20-min relaxation sessions per week

First Week's Goals:

- Two aerobic workouts for 20 minutes on Mondays and Thursdays at 6:00 am
- Select salad with low-fat protein for lunch 4 days

Let us Play Portion Distortion

20 Years Ago	Today
	
140 calories 3-inch diameter	????? 6-inch diameter

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Portion Control Quiz

20 Years Ago	Today
	
140 calories 3-inch diameter	350 calories 6-inch diameter 5 servings of bread

Calorie Difference: 210 calories

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STICK WITH THE BASICS

INTAKE
Calories From Foods

OUTPUT
Calories Used During Physical Activity

THE ENERGY BALANCE

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What I am – Doctor of The Future

- Doctorate in Safety Engineering – Health & Wellness EMPH
- Gold Certified Youth Athletic Coach – NYSCA
- Certified Personal Trainer – ACE
- Certified Fitness Trainer – WITS
- Certified Ergonomics Technician – NASP
- Certified Lifestyle & Weight Management Specialist - NESTA
- Certified Wellness Coach (pending)- WellCoaches
- Lance Armstrong Foundation Nike 10//2 Bike Coach
- Non-Commissioned Officer US Air Force – 10Yrs
- Oregon Licensed (2) Electrician 1996-2005
- Eagle Scout – Boy Scouts of America

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CHICKEN STIR FRY

20 Years Ago



**435 calories
2 cups**

Today



How many calories are in today's chicken stir fry?

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CHICKEN STIR FRY

20 Years Ago



**435 calories
2 cups**

Today



**865 calories
4 ½ cups**

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79 Years Young



Growing Old Is Not For Sissies

INSPIRING

Sometimes we all need to dig deep for motivation. Here we present two amazing women who inspire us to be better runners and better people.

Beating Time


Beatrice... (text continues in small print)



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CHICKEN CAESAR SALAD

20 Years Ago



**390 calories
1 ½ cups**

Today



How many calories are in today's chicken Caesar salad?

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CHICKEN CAESAR SALAD

20 Years Ago



**390 calories
1 ½ cups**

Today



**790 calories
3 ½ cups**

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Sometime Incentives Required

May 21, 2007

BUSINESS

YOUR JOB. YOUR HOME. YOUR MONEY.

"Certainly the literature shows that cash incentives work very well, at least in getting people to participate."

salad please, with a side of cash




Oregon companies up the ante to encourage employees to make healthy lifestyle choices

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CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



How many calories are
in today's large cookie?



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CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch diameter

Today



275 calories
3.5 inch diameter



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Worksites

Great Places for Health & Wellness Promotion

A logical place to promote health is at a worksite.

People spend more time at work than doing anything else with the possible exception of sleeping.

Eighty-two (82%) percent of the U.S. population is linked in some way to a worksite.




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What is Health and Wellness Promotion?

Health promotion is the science and art of helping people change their lifestyle to move toward a state of optimal health.

(American Journal of Health Promotion, 1989,3,3,5)



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Believe in Awareness


Unfortunately, today's workers in the U.S. are less physically active than their counterparts of 20 years ago.

The Federal Centers for Disease Control and Prevention report "that physical inactivity plagues all areas of the United States."

On the other hand, it has been shown that **85 percent** of the recipients of a health-risk appraisal (HRA) program make significant lifestyle changes:

- 67 percent begin eating healthier,
- 48 percent start or increase their exercise,
- 33 percent begin losing weight,
- 19 percent reduce or quit alcohol consumption, and
- 12 percent reduce or quit using tobacco products.






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PEPPERONI PIZZA

20 Years Ago



500 calories

Today



How many calories are in
two large slices of today's
pizza?



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PEPPERONI PIZZA

<p>20 Years Ago</p>  <p>500 calories</p>	<p>Today</p>  <p>850 calories</p>
---	--




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CHEESECAKE

<p>20 Years Ago</p>  <p>260 calories 3 ounces</p>	<p>Today</p>  <p>How many calories are in today's large portion of cheesecake?</p>
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CHEESECAKE

<p>20 Years Ago</p>  <p>260 calories 3 ounces</p>	<p>Today</p>  <p>640 calories 7 ounces</p>
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?ANY QUESTIONS?

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- Health Education Public Speaking
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POPCORN

<p>20 Years Ago</p>  <p>270 calories 5 cups</p>	<p>Today</p>  <p>How many calories are in today's large popcorn?</p>
--	---


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POPCORN

<p>20 Years Ago</p>  <p>270 calories 5 cups</p>	<p>Today</p>  <p>630 calories 11 cups</p>
---	--


Calorie Difference: 360 calories
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Thank You for Your Time!

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Americas Wellness Sergeant
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Contact Dr. Bud for a FREE Workplace
Wellness consult or to just brainstorm!
Resource DATA and slides can be found
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