



Welcome!

ASSE Philadelphia Chapter/ASSE  
Penn-Jersey Chapter Members

# Take a Stand... for Better Health



## **Targeting Wellness in the Workplace**

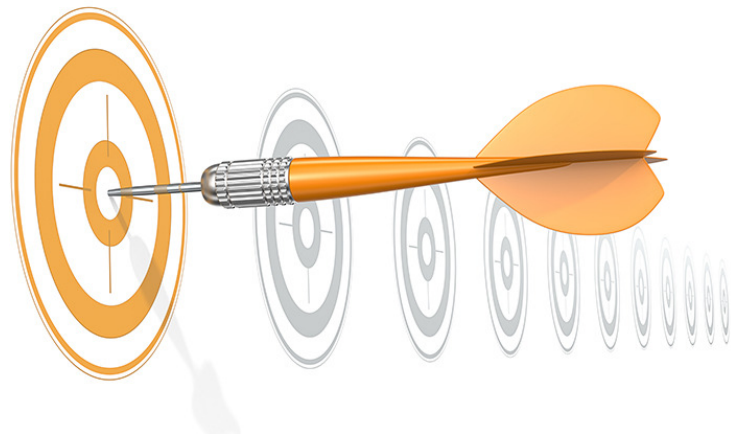
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ACE Certified Group Exercise Instructor, Les Mills SPRINT  
Certified, Schwinn Cycling Certified

# Today's Agenda

- Define wellness
- Why wellness in the workplace?
- Sedentary lifestyle = Co-morbidity risk
- Difference between movement and exercise – why is it important?
- Prevention Tips



# What is Wellness?



- "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.
- "a conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute

*Wellness is more than being free from illness and symptoms.*

*More than "I feel fine, therefore, I must be."*

# 8 Dimensions of Wellness



# Why Should We Care About This?

Because healthy employees  
are happier employees and  
***save you money!***





# How Does Wellness Save Money?

- Reduction in accident rates
  - Healthy employees less likely to get injured





# How Does Wellness Save Money?

- Cost of surgery
  - Co-morbidities\* delay surgery



\* Obesity, smoking, diabetes, high blood pressure



# How Does Wellness Save Money?

- Faster recovery time
  - Healthy employees recover more quickly



Wellness in the workplace can impact home life as well.

# Buy-in Can Be Challenging

## **My Goal:**

- to bring awareness of the benefits of wellness in the workplace
- provide resources that empower employees when they are ready to make difficult lifestyle changes to improve overall wellbeing.

# Topic of Discussion

HOW **SITTING** ALL DAY IS  
*SLOWLY* **KILLING YOU**



# **“Sitting Disease”**

The label Medical Experts use when referring to long periods of physical inactivity and its negative consequences on ones well-being.

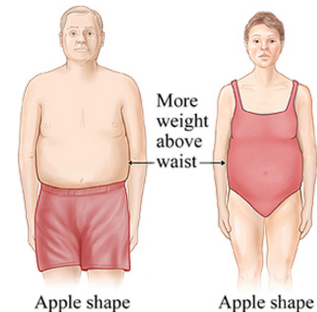
# What Is Metabolic Syndrome?

Metabolic syndrome is a cluster of conditions or risk markers that promote the development of chronic disease. (NCBI)

*An apple shaped body frame could be an indication.*

**There are specific conditions that are typically found in this "cluster". They include:**

- High blood pressure generally above 130/80\*
- High blood sugar (A1c above 5.7 to 6.4 is pre-diabetic)
- Obesity/abdominal fat with BMI greater than 25 and waist circumference for a woman above 35 inches and for a man above 40 inches
- Abnormal cholesterol levels where LDL's are above 100, HDL's are below 50 and Triglycerides are above 150.



Note\*: American College of Cardiology – New guidelines indicate high blood pressure at 130/80 mmHg rather than 140/90 mmHg.

# Metabolic Syndrome and Increased Chronic Diseases

Chronic diseases are the number-one threat to public health, far surpassing infectious disease

- 86% of our healthcare costs go to chronic diseases (CDC 2017)
- 60% of U.S. adults – at least one chronic health condition
- 42% live with multiple conditions

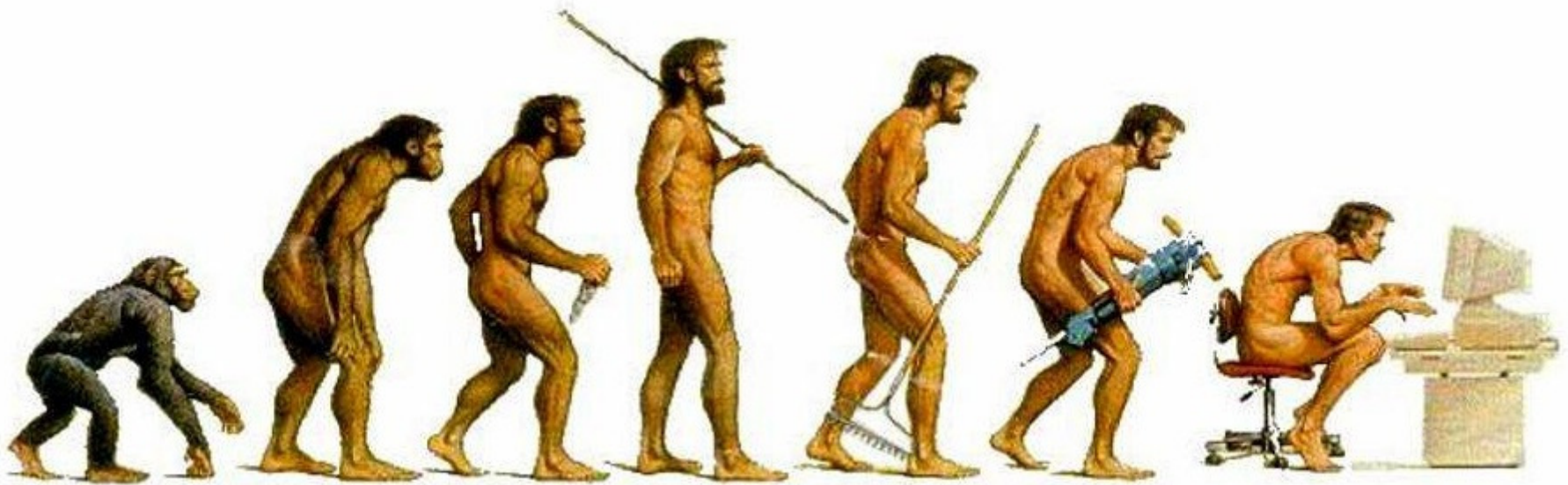
**Prolonged sitting is a contributor!**

# Trends in U.S. Occupation-Related Physical Activity

- Decline of physical vs. service occupations
- Shift away from daily physical activity to sedentary behavior
- Daily occupation-related energy expenditure decreased by 100 calories/day



# We Have Come a Long Way... Have We?



# TECHNOLOGY



# How Sedentary are Americans?



- Average American is sedentary anywhere from 7.7 to 15 hours a day (32% to 62% of your day)
- Less than 20% achieve recommended daily exercise

Resource: President's Council on Fitness, Sports & Nutrition



# What Sitting Does To Our Bodies

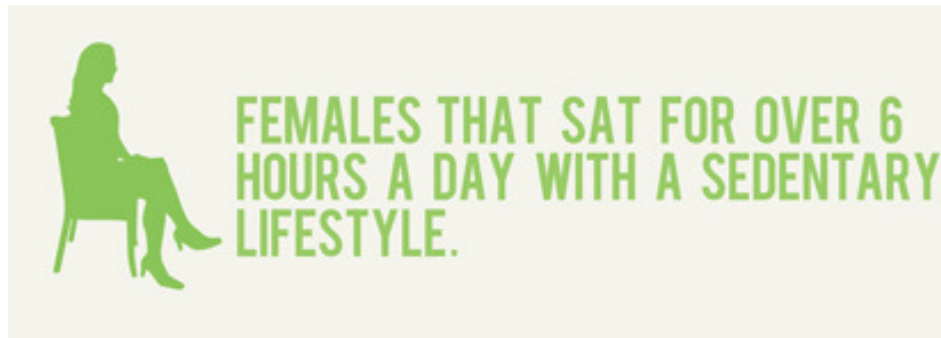
- Electrical activity in your muscles drop significantly as soon as we sit down – lower metabolism 90%
- Calories burned drops to 1 per minute
- Lipoprotein Lipase enzymes in the blood vessels essentially go to sleep after 60-90 minutes



# What Sitting Does To Our Bodies

- Good cholesterol (HDL) will drop
- Plasma triglycerides (fatty molecules), LDL (bad) Cholesterol and insulin resistance will all increase
- Artery dilation drops by 50%
- Lose of bone mass in women

# Modern Day “Desk” Sentence



40% higher  
death rate

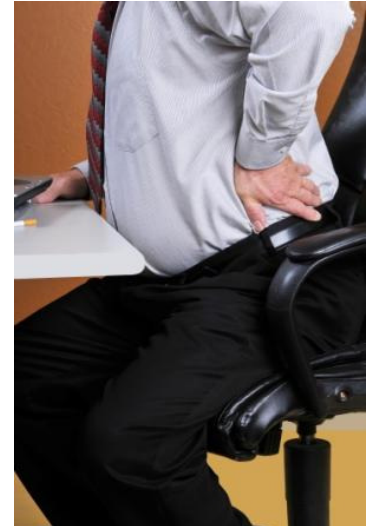


20% higher  
death rate

American Journal of Epidemiology published a 2010 study by ACS who followed 123,316 subjects. Featured in US News “Are you sitting yourself to death?”

# Excessive Sitting

- 40% of people with back issues tend to spend long hours at the computer
- Blood often pools in lower legs, resulting in numbness and varicose veins



If you sit most of the day the risk of heart attack increases by 54% and is almost the same as smoking.

# Comparison Study - Findings

Adults who spent more than 4 hours a day sitting vs. less than 2 hours a day:

- Nearly a 50% increase risk of death from any cause
- About 125% increase risk of events associated with cardiovascular disease (such as angina or heart attack)

Resource: Mayo Clinic “What are the risks of sitting too much?”

# Excessive Sitting Over Time

- Not natural to hold muscles in a fixed position (torso, neck, shoulders)
- Squeezes blood vessels causing
  - reduced blood flow which could lead to higher blood pressure
  - fatigue
  - decreased fitness/metabolism leading to weight gain (esp. around abdomen)
  - reduced lung and heart efficiency
  - and higher risk of injury

# Woman & Sitting



A study by the American Cancer Society found women who sat more than 6 hours a day:

- **10% greater risk** of getting any kind of cancer
- **10% increased risk** for invasive breast cancer
- **43% higher risk** for ovarian cancer

**Compared to women who sat for three hours or less a day.**

Source: American Cancer Society, July 2015. "Sitting Too Much Increases Cancer Risk in Women".

# How Much Time Do You Spend Sitting Each Day?

## Time spent:

- Eating breakfast
- Commuting to work
- Working in the Morning
- Eating Lunch
- Working in the Afternoon
- Commuting home
- Eating Dinner
- Watching TV/Computer Time

***Do you  
exercise 30  
minutes a  
day?***



***“Are You At  
Risk?”***



# Exercise Is Important...

## We Know Right?

- Recommended:
  - 150 minutes per week of moderate exercise or 75 minutes of vigorous exercise
  - Strength training at least twice a week
- Many benefits to our health

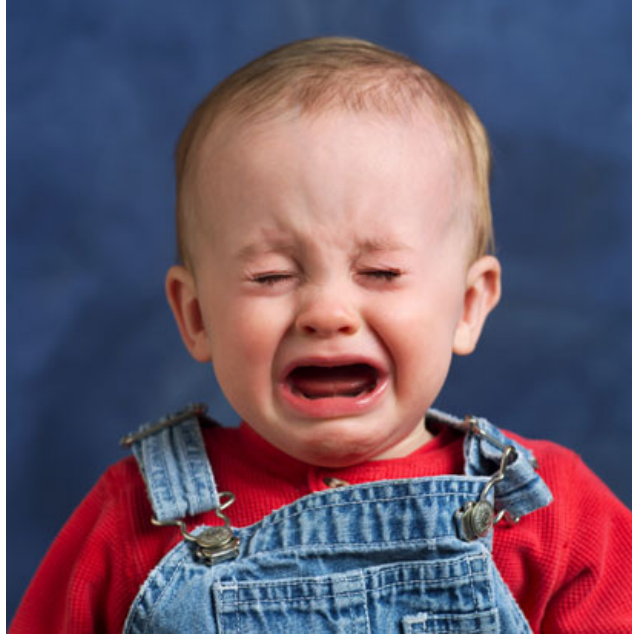
Recommendations by American Heart Association

# Benefits of Physical Activity

- Strengthens Bones and Muscles reducing musculoskeletal injuries
- Improves ability to perform daily activities
- Controls your weight
- **Reduces your risk of cardiovascular disease**
- **Reduces your risk of Type 2 diabetes and metabolic syndrome**
- Reduces risk of some cancers (breast & Colon)
- **Improves Mental Health and Mood**
- Increases your chance of a longer life



## But Here's The Bad News!



**Exercise is NOT enough to  
counteract the effects of too  
much sitting**

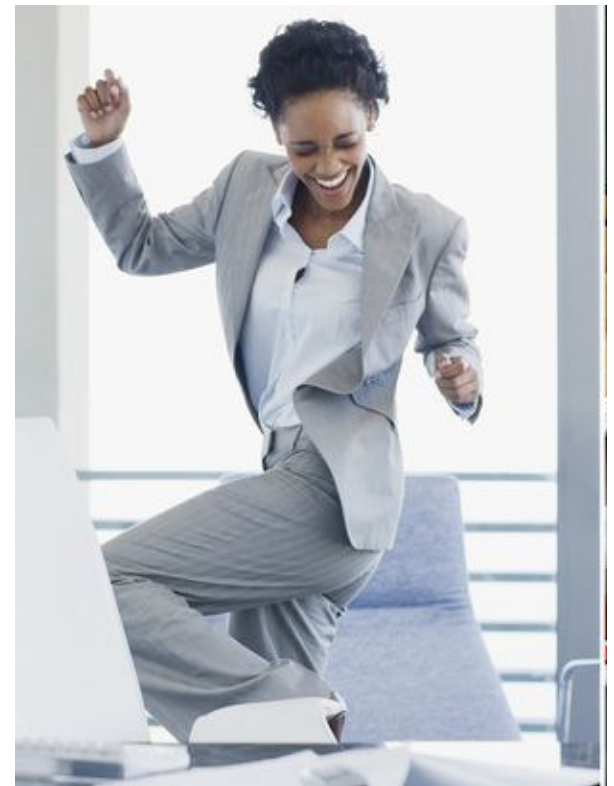
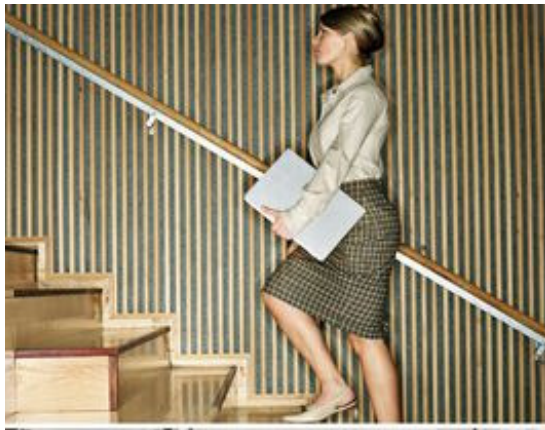
WebMD: "Sitting too much: How Bad is it?"

# Is It Hopeless?



## **ABSOLUTELY NOT!!**

**You can make a difference  
by choosing to MOVE!!!**



Think of movement and exercise as two separate behaviors each contributing or effecting our health in some way.

Movement  
Exercise

WebMD: "Sitting too much: How Bad is it?"

# The Non-Exercise Answer

**“NEAT”**

**Non-Exercise Activity Thermogenesis**

The energy (calories) you burn doing everything but exercise.

# Move More at Work

Stand up every  
30-60 minutes

“Deskercise”

Deliver a Message  
The “old fashion way”

Phone rings, Pick up,  
Stand up

Fidget



*Even small movement makes a difference.*

# Move More at Work

**Circle the room while waiting  
for a meeting to start**

**Walk faster**



**Don't Watch the  
Copier**

**Park further away  
(Work entrance)**

**Walking Meetings**

**Use the Stairs**

# Some Other Simple Solutions

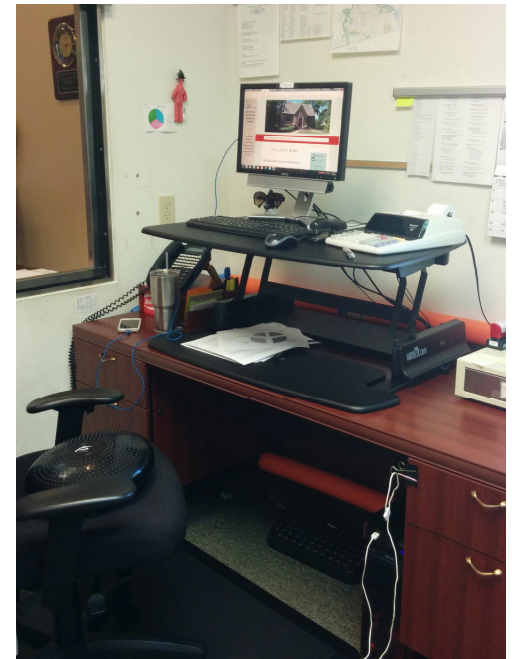
Sit more actively:  
“Active Sitting Disc”



Fitness Tracker

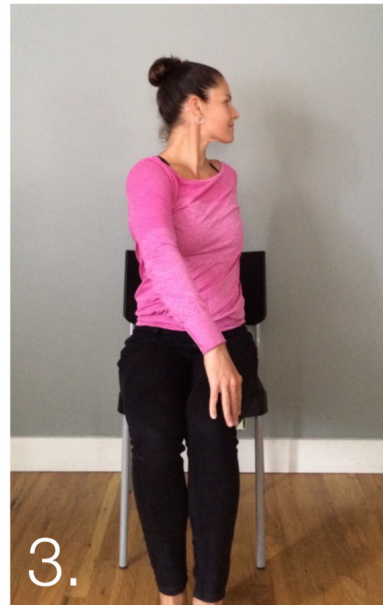


Adjustable or  
Standing Desk



Desk Cycle





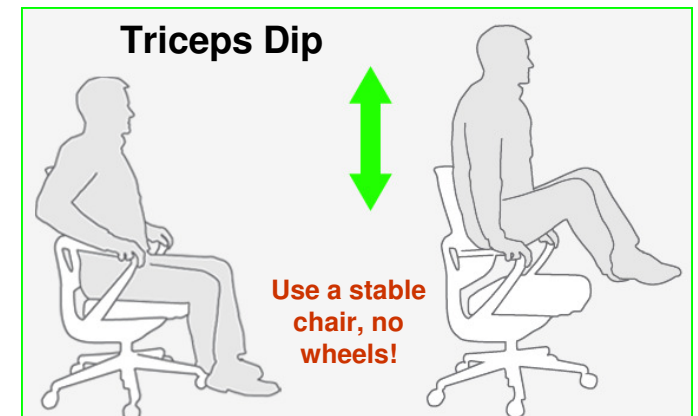
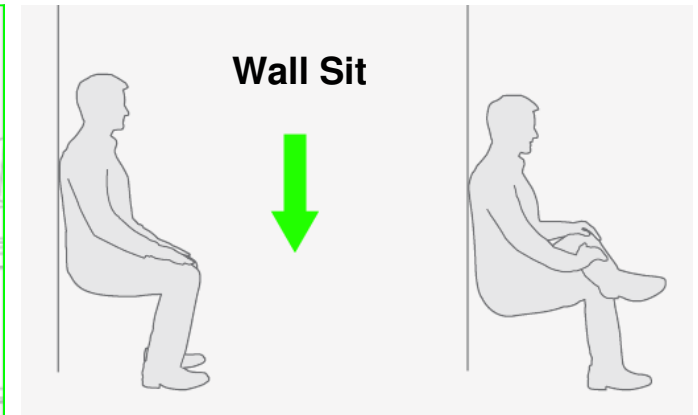
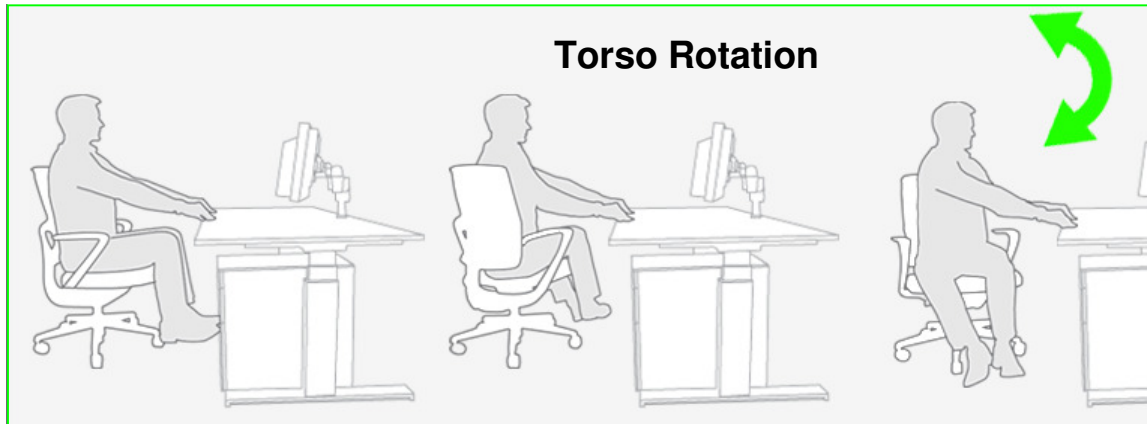
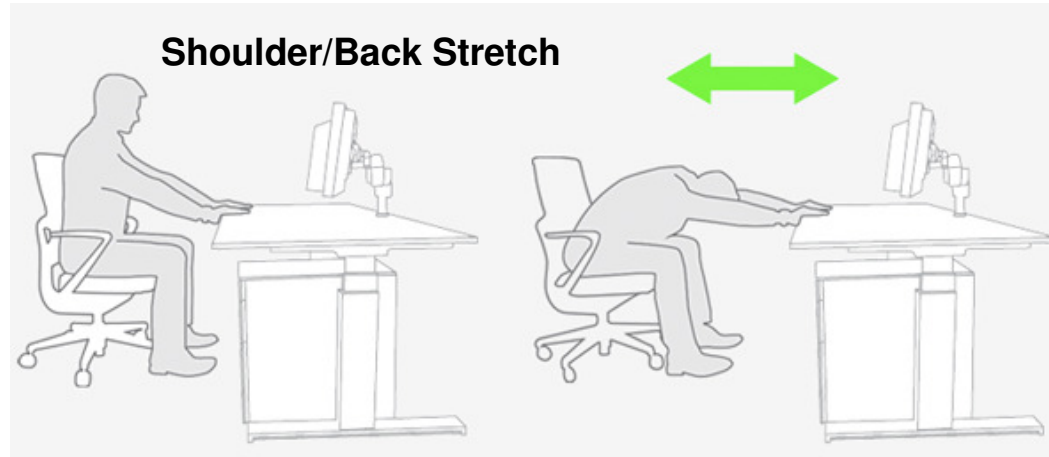
1. Stretch

2. Bend

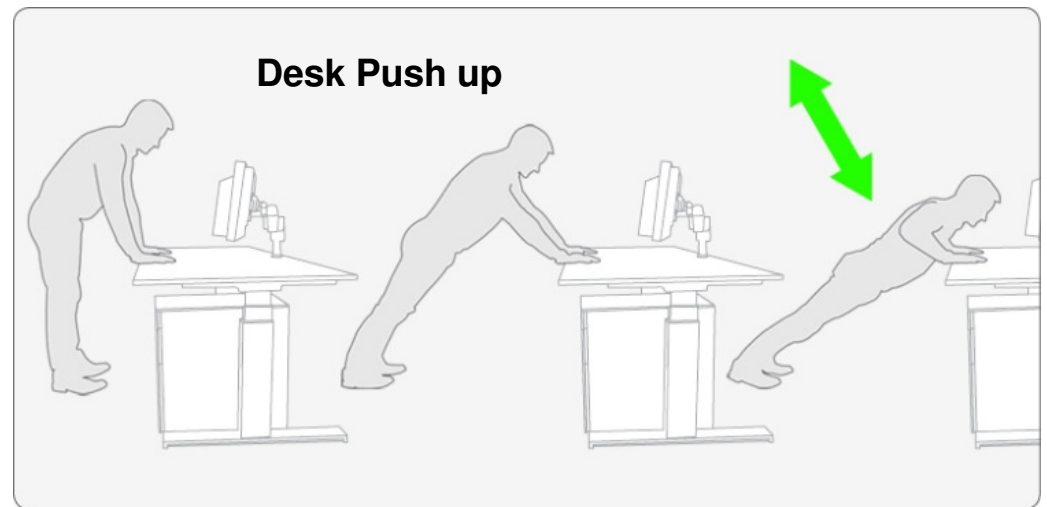
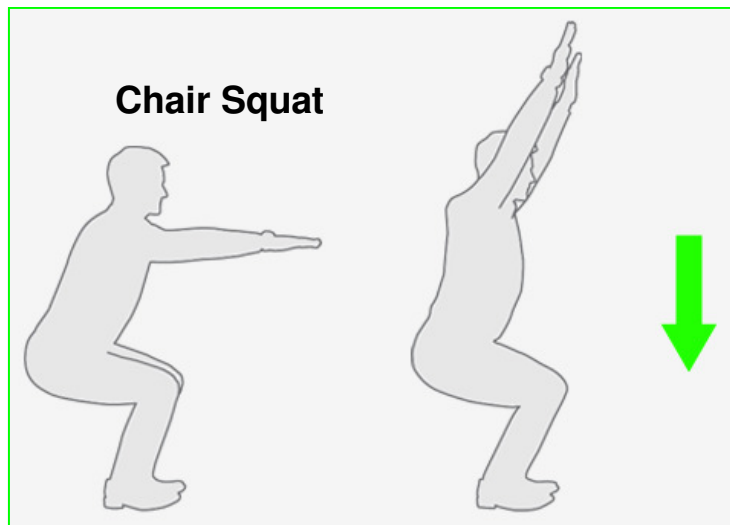
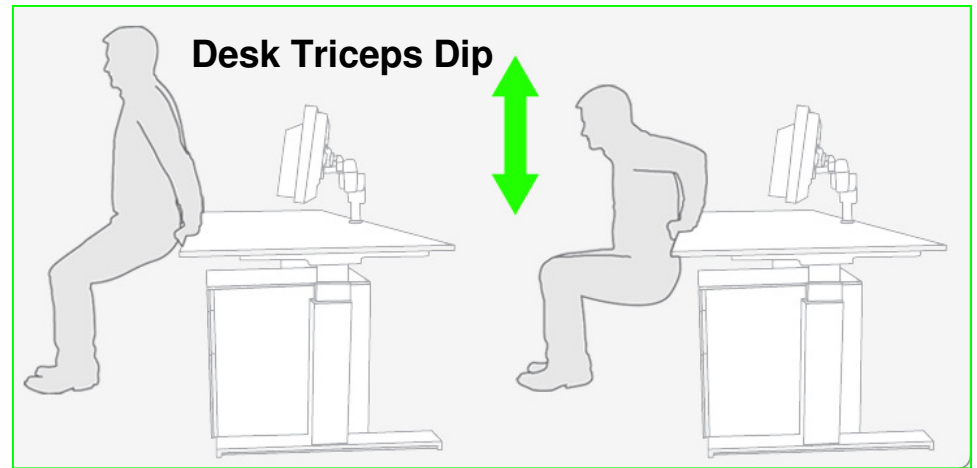
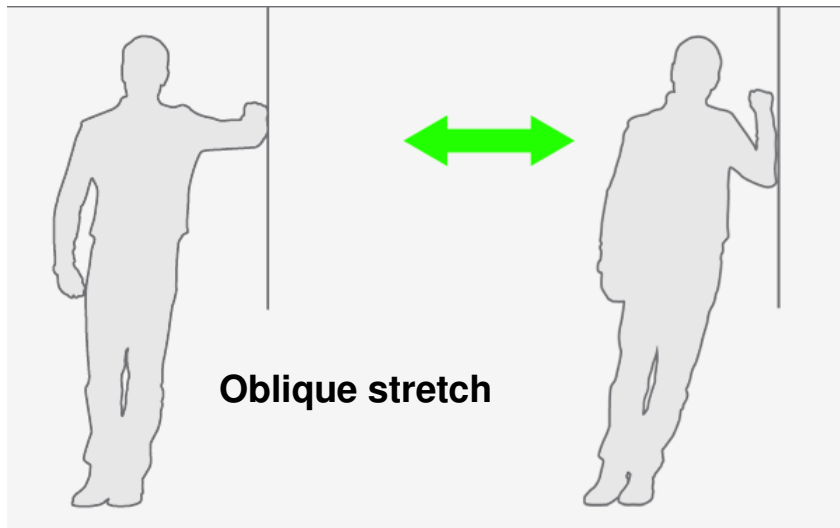
3. Twist

# Deskercises

Pick your favorite or do them all.



# *More Deskercises*



# Keep Moving at Home!

**Exercise while watching TV  
or get up every  
commercial**

**Skip the drive thru**



**Stand or walk while  
your kids play sports**

**Do calf raises or  
squats while  
brushing teeth  
or cooking**

**Play with your  
kids  
or grandkids**

**Walk the dog**

# Movement is Medicine!

When people get up and move, they are likely to see big benefits!

- A 21%-25% reduction in risk for breast cancer and colon cancer
- A 20%-27% reduction in risk for stroke
- A 27% reduction in risk for diabetes

Source: World Health Organization (WHO) 2009; Center for Disease Control and Prevention

# The Main Message...

Sit Less.  
Stand More.



- Pedometers for Walking/Step Challenges
- Exercise demonstrations
- Encourage stretch breaks
- Support purchase of standing desks
- Walking Clubs/Charity Runs
- “Wear Your Sneakers To Work” Days





## **Louisville, KY Metro Public Works**

“Stretching helps drastically reduce injuries in metro workers.”

# “Highlights”

- Sitting for more than 6 hours a day increases your risk of death
- Americans sit anywhere from 7.7 to 15 hours a day!
- Sitting can be as harmful as smoking
- Exercise alone is not enough to reverse the harmful effects of too much sitting
- Need to reduce sitting time AND increase “non-exercise” physical activity – fidget, toe tap, pace, stretch
- Take a stand and move: it can substantially decrease the risk of certain metabolic conditions
- Continue moving at home!

**HEALTH IS  
WEALTH  
MOVEMENT IS  
MEDICINE!!!**

It's not about having time,  
it's about

**MAKING  
TIME**

# Let's take a STAND against Sitting

In the words of the late great James Brown:

Get up offa that thing  
And "move" till you feel better  
Get up offa that thing  
Just try to release the pressure

Thank you!

**Debby Schiffer**, Targeting Wellness in the Workplace

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