WHAT DO YOU WANT TO LEARN FROM THIS PRESENTATION?
Why = The Purpose
What is your cause? What do you believe?

Apple: We believe in challenging the status quo and doing this differently.

How = The Process
Specific actions taken to realize the Why.

Apple: Our products are beautifully designed and easy to use.

What = The Result

Apple: We make computers.
A LITTLE ABOUT ME..

- Grew up in Tampa
- UF Food Science & Human Nutrition
- USF Masters of Science in Medical Sciences
- 2012- Florida Department of Health Nutrition Educator
  - Graduate certificate in Positive Behavior Support
January 2016- Certified Personal Trainer, YMCA
   - ACE Orthopedic Exercise Specialist
August 2016 Wilson Medical Writing, AMWA
   - “The what, why, how of understanding medical science”
   - I do any medical writing for anyone to any audience
October 2016- DOH-Collier Health Education Program Consultant

Certificate in Worksite Wellness Program Management

2018 AMWA request for proposals

AMWA SWFL meetups

Read Book Yourself Solid by Michael Port

I EMPOWER PEOPLE TO ENJOY WHAT THEY LOVE MOST IN WORK AND LIFE
HEALTH COMPONENTS

Family history

Environment

Lifestyle
61% of employees are burned out on the job.
TOP 5 STRESS SYMPTOMS

- Constant fatigue: 29%
- Sleeplessness: 26%
- Aches and pains: 24%
- High anxiety: 23%
- Weight gain: 18%

CareerBuilder
Productivity losses linked to missing work cost employers $1,685 per employee each year.
Full-time workers who are overweight or obese and have other chronic health problems miss about 450 million more days of work each year than healthy workers. The result is an estimated cost of more than $153 billion in lost productivity each year.

Presenteeism is worse, with costs ranging from $555-5,750 per employee per year.

Presenteeism Costs in 28 Studies
MAKE WORK SUCK LESS
WORKERS BETTER MOTIVATED WHEN LEADERSHIP SUPPORTS THEIR WELL-BEING EFFORTS

91% With Leadership Support

62% Without Leadership Support

- Motivated to do their best
- Not

American Psychological Association
EMPLOYERS OFFERING WELLNESS PROGRAMS

- Increased satisfaction: 29%
- Increased productivity: 26%
- Increased financial sustainability: 24%
- Decreased absenteeism: 50%

IFEBP
DO YOU LIKE WHERE YOU WORK?

54% cite employee **morale** as their most improved metric from wellness programs. *(HUB)*

74% of employers view well-being as important to employees and useful for **recruiting and retaining staff**. *(Xerox)*

89% of workers at companies that support well-being efforts are more likely to recommend their company as a good place to work. *(American Psychological Association)*
U.S. health care spending per capita has risen at historically low rates recently, but is expected to pick up

Average annual growth rate of health spending per capita for 1970s - 1990s; Annual change in actual health spending 2000 - 2016 and projected health spending 2017- 2026

Projected annual change in U.S. per capita health spending 2017-2026, alternative scenarios

A 1% reduction in excess weight and high blood pressure, glucose, and cholesterol levels has been shown to save $83 to $103 annually in medical costs per person. (CDC)
Low exercise is a risk for over 35 chronic health conditions

- Diabetes
- Obesity
- Heart disease
- High blood pressure
- Stroke

- Pain
- Constipation
- Arthritis
- Cognitive dysfunction
Top 25% with most breaks had waists 2.3 inches smaller than 25% with fewest breaks

- Standing up or walking for at least 1 minute, average 4 minutes 30 seconds
- Independent of total sedentary time and exercise intensity

WALKING VS WAIST

Adjusted for age, sex, employment, alcohol intake, income, education, smoking, family history of diabetes, diet quality, moderate- to vigorous-intensity time, mean intensity of breaks, and total sedentary time.
WHY DON’T YOU EXERCISE?

≥ 150 min/week (22 minutes/day) of moderate-intensity, OR

≥ 75 min/week of vigorous-intensity
Healthy-Aging, Quality-of-Life, and Current-Health

Participants with Quality-of-Life goals exercised more than those with Current-Health \( (p=0.01) \) and Healthy-Aging \( (p=0.06) \) goals
WHAT IS HEALTH?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

World Health Organization
WHO WANTS TO BE HEALTHY?

What does physical, mental and social well-being look like?
WHAT DOES A GOOD DAY AT WORK LOOK LIKE?
WHAT DOES A BAD DAY LOOK LIKE?
Right now:
Less blood flow to brain- decreased focus and creativity

It takes more time and effort to start, stay locked in, and produce mistake-free work

Longer term:
More cortisol- at high levels associated with anxiety, depression, weight gain, and heart disease

WHY SKIPPING EXERCISE IS BAD FOR YOUR BUSINESS AND WORK
INSTANT RECESS!
Physically Active People Are Happier and More Productive

Exercise increases neurotransmitters like serotonin

Serotonin increases feelings of well-being and happiness, and increases production of BDNF (Brain-Derived Neurotrophic Factor), which reduces stress and boosts serotonin.
Physically Active People Are Happier and More Productive

**Less stress** leads to better mood, which makes you happier.

A 2014 study by University of Warwick found that **happier workers are 12% more productive**.

If you work 8 hours per day: 8 hours x 60 minutes x 12% = **57.6 more minutes to do what you love every day!**

*McGovern Exercise Effects on the Brain, Oswald Happiness and Productivity*
Participants in a two-week exercise program decreased their sensitivity to anxiety

Learned to associate increased heart rate and sweating with safe activities instead of danger

EXERCISE VS ANXIETY

Exercise was comparable to antidepressants in patients with major depressive disorder

After 1 year, patients who exercised regularly had lower depression scores than their less active counterparts

EXERCISE VS DEPRESSION

WALKING BOOSTS YOUR MOOD, EVEN WHEN YOU DON'T EXPECT IT TO

Miller, Krizan Walking facilitates positive affect
Try a short, easy walk while singing or listening to 3 of your favorite songs

BE REALISTIC

10,000 STEPS?!
Focus on your breathing and surroundings
- distraction from anxiety-causing concerns
- different ways to approach problems.
- new perspectives = improved problem solving

The most enjoyable effects are most likely to get you walking again

IMMEDIATE GRATIFICATION AND REFRESHMENT
Follow-through communicates self value

Productivity, enjoyment, self-esteem and well-being

Confidence to tackle bigger challenges

Increase songs/time, frequency, or distance
WHAT DID YOU LEARN?
FITFORFREELANCE.COM

The wellness community for freelancers and entrepreneurs who want to confidently work better

Workplace wellness for those who work where they want! Online tips, personal training, and support get you feeling your best so you enjoy more of what you love in life and work.

LAUNCHED IN SEPTEMBER!
THANK YOU!

REGGIE@FITFORFREELANCE.COM

