

Working On Wellness Newsletter

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WorkWell Partnership...What's in the News!

Don't forget the

- WorkWell Partnership monthly webinars! These webinars take place the first Tuesday of each month and are held from 12:30-12:45 CT. The webinars provide great education

from our partners for your worksite to take into your worksite and implement. Webinar log in information is emailed out monthly.

- WorkWell Mini Grant selections will be made and announced during

the month of March.

- WorkWell and SDSU Extension Physical Activity will present on school wellness at the Alliance for Healthier Generations Summit March 23rd.



LIVING HEALTHY WORKS.

GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

WORKWELL Partnership Summit: Workplace Wellness that Works

SAVE THE DATE!

MAY 7th, 2015

9:30-3:30 MT

RAPID CITY CIVIC CENTER

This summit will offer education, resource, and tools for creating and engaging wellness in the workplace. Highlights include:

- Getting decision makers on board, getting leadership engagement
- What can we do in our worksite if we don't have a program budget
- Case Studies
- Live Well Black Hills Community
- Bottom up engagement: What it means and why it matters
- Participation versus engagement and how you do it
- Include 6 key elements to create the conditions for intrinsic engagement

DON'T MISS THIS
ONE-DAY EVENT!

For more information
about the summit,
please contact
Enid at eweiss@tie.net

Watch for registration & more information at <http://goodandhealthysd.org/workwellsummit/>

ACTIVE MEETINGS

Each day, South Dakota workers spend a significant amount of time during their day fulfilling work-related duties. In addition, a majority of workers spend a number of hours in meetings or conferences – some lasting a full day or two. Although the traditional format of these meetings or conferences may be sitting with little movement, consider changing this format to include physical activity with “active meetings.”

Here are some quick and easy ideas to get participants moving during meetings, events or conferences:

Incorporate **stretch breaks**—

If you are not comfortable leading the stretches, encourage participants to stretch on their own or play a short video demonstrating some easy stretches.

Incorporate **walking breaks** into the agenda. This requires little to no preparation, simply encourage attendees to walk around the meeting location (indoor or outdoor) for a specified time.

Encourage **active applause**— every time you applaud someone, the participants stand.

Offer participants the opportunity to **stretch, move around and stand** as much as they would like during the event.

Incorporate **easy activities**—

Get participants moving. Try some chair yoga, easy body weight exercises (squats, heel raises, chair dips), fun ice breaker activities, or lead an easy to follow dance routine (YMCA, Cupid Shuffle).

Choose venue locations with physical activity opportunities available onsite or within close proximity (fitness centers, walking paths, parks).

As time allows, schedule physical activity breaks in increments of 10 minutes or longer.

Choose active breaks that are appropriate for all abilities and maintain appropriate safety.

To further stress the importance and benefits of physical activity during the workday, **consider implementing a physical activity policy specific to hosting active meetings.** Below you will find some sample model language to include in the policy.

*(worksite name) encourages all **employees** to engage in regular physical activity during their work day and at home. Employees are encouraged and supported through the following:*

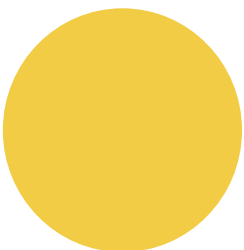
Active Meetings:

Staff organizing a full working day meeting will incorporate a set amount of time (i.e. 15 or 30 minutes) for physical activity break(s) into the meeting. For example: a one-hour lunch break could have 30 minutes dedicated for physical activity, or two scheduled 15 minute breaks for physical activity throughout the day (i.e. stretching, walking).



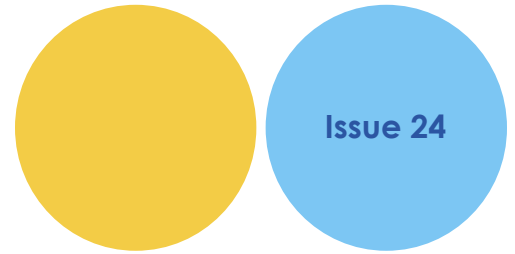
“Try to walk more at work. Walk to your co-workers’ station instead of emailing or calling them; walk to the central printer, etc.”

American Institute for Preventive Medicine



Colorectal Cancer Screening

Of cancers affecting both men and women, colorectal cancer is the second leading cancer killer in South Dakota, but it doesn't have to be. Screening can find pre-cancerous polyps—abnormal growths in the colon or rectum—so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.



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You should begin screening for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. However, you may need to be tested earlier or more often than other people if:

- you or a close relative have had colorectal polyps or colorectal cancer; or
- you have inflammatory bowel disease.

If you are aged 50 or older, or think you may be at increased risk for colorectal cancer, talk to your doctor about getting screened.

GETSCREENEDSD
Stop Colorectal Cancer.

There are several recommended screening tests. Talk with your doctor about which test or tests are best for you.

- A high sensitivity fecal occult blood test (FOBT), preferably the iFOBT or FIT, done at home - every year.
- Flexible sigmoidoscopy done by a health care provider - every five years.
- Colonoscopy done by a health care provider - every 10 years.

GetScreenedSD provides financial assistance for colorectal cancer screening to men and women ages 50 - 75 if they meet eligibility based on income and indication. Call the South Dakota Department of Health at 1-800-738-2301 or visit getscreened.sd.gov for more information.

Don't wait! Vaccinate.

Three Important Reasons For Adults to Get Vaccinated

You may not realize that you need vaccines throughout your adult life. Vaccines are still important to your health and here are just three reasons why.

1. You may be at risk for serious diseases that are still common in the U.S.
2. You can protect your health and the health of those around you by getting the recommended vaccines.
 - * Vaccines reduce your chance of getting sick.
 - * Vaccines reduce your chance of spreading certain diseases.
3. You can't afford to risk getting sick.
 - * Getting vaccinated as an adult is easier than you think.
 - * Vaccines are safe.



Talk with your healthcare professional to make sure you are up-to-date with the vaccines recommended for you. For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to www.cdc.gov/vaccines/adults.