

Session Created By: Tiffany Lein, MPH, RDN

WORKSITE WELLNESS - SETTING YOURSELF UP FOR SUCCESS

Practical tips for creating a workplace environment that will support and enhance wellbeing.





About me.



wellness breakroom remodel before



wellness breakroom remodel



session description

The session will focus on practical tips for creating a workplace environment that will support and enhance wellbeing. During this session, participants will exhale, engage with one another, and create a personalized plan for reimagining their workplace environment.

disclaimer & exhale

Some of these suggestions may not be practical for you and/or may not be allowed in your place of employment.

No awkward comradery or physical activity will be required.

Generally speaking, most clients / participants interested in general health / weight management KNOW what they should be doing...

... and yet, many struggle to stay consistent with their plan.

goal

Change your way of thinking about wellness in your work environment.

Find at least one practical tip that you can implement in your work life for each of the three sections that will be reviewed.

session outline

01

Activity

02

Nutrition

03

**Physical
Environment**

lesson
01

Activity





lesson outline

Topic 1: The why.

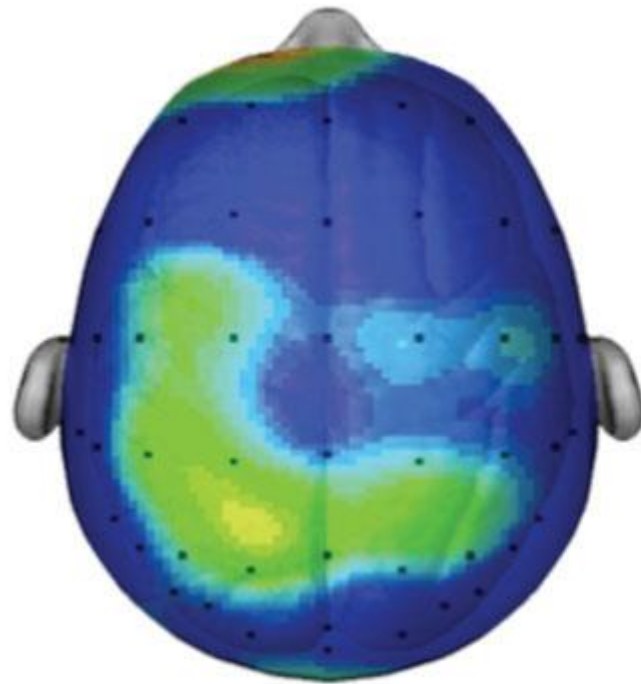
Topic 2: Activity in your office.

Topic 3: Activity outside of your office.

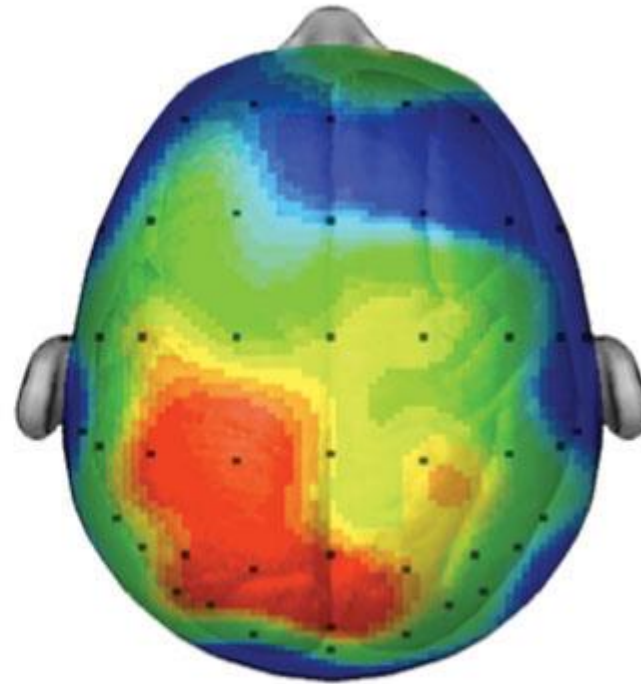
Topic 4: Activity while you work? NEAT!

Topic 5: Your goal.

activity. why?



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

activity in your office

- Chair stretches
- Yoga
- Pilates
- Wellbeats
- Fit deck cards
- Exercise dice
- Wellness logs



activity in your office – resources

- Wellbeats
 - <https://www.wellbeats.com/>
- Short office videos
 - <https://www.youtube.com/watch?v=qB1ealUrlnw>
 - <https://www.youtube.com/watch?v=263A7ZMv-tw>
 - <https://www.youtube.com/watch?v=BdfTuxdfIE8>
 - https://www.youtube.com/watch?v=5xvAp6id7_0
 - <https://www.youtube.com/watch?v=lk3YzXfJNPU>

activity outside your office

- Walking
 - Indoor? Outdoor?
- Parking further away
- Onsite / nearby fitness classes
- Onsite/ nearby fitness facility
- Taking the stairs
- Taking the “long way” to the bathroom, breakroom etc.

activity while you work? NEAT!

- Non-exercise activity thermogenesis, or NEAT.
- Calories burned by the movements we make when we go about our daily business.
- NEAT includes the physical movement in our lives that isn't planned exercise or sports (or sleeping, breathing, and eating).

activity while you work? NEAT!

- Standing desk
- Treadmill desk
- Ball chair / less stable surface
- Under the desk peddler
- Standing balance boards



setting yourself up for success

- Schedule intentional time for activity – put this in your calendar!
 - AND keep this time. This is a priority.
- Bring/ leave a pair of walking/activity shoes in your office.
- Team up with a coworker.
- Encourage friendly competition.
- Check with HR – are there local fitness centers that have discounts? Are onsite fitness classes feasible?

goal time!



lesson 02

Nutrition





lesson outline

Topic 1: The why.

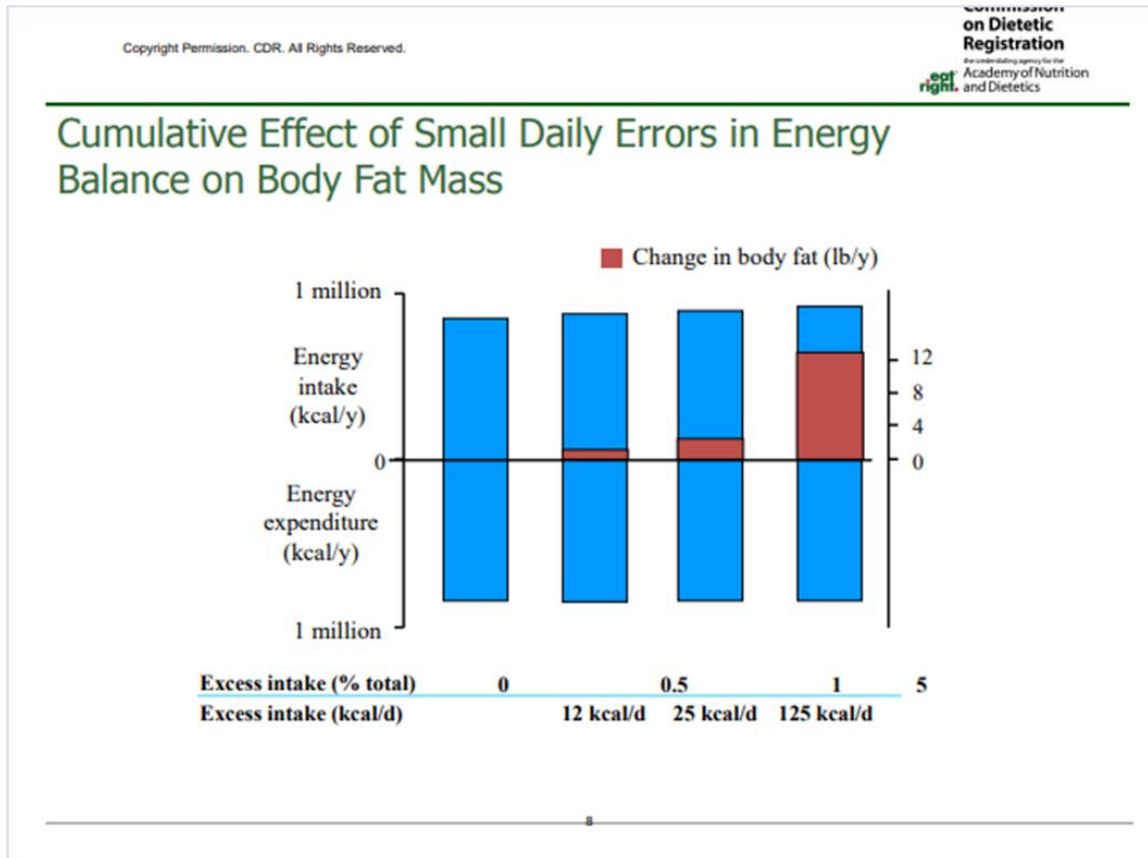
Topic 2: Nutrition in your office.

Topic 3: Nutrition outside your office.

Topic 4: Setting yourself up for success.

Topic 5: Your goal.

Nutrition. Why?



Copyright Permission. CDR. All Rights Reserved.

Commission on Dietetic Registration
the credentialing agency for the Academy of Nutrition and Dietetics

The Challenge to Maintain Energy Balance

<u>Caloric Excess</u>	=	<u>Food Item</u>
12 kcal		2 Gummy Bears
25 kcal		2 Saltine crackers
125 kcal		1 cup 1% milk

nutrition in your office

If you know its there.....

..... And you've had a frustrating day/meeting etc.

- Reconsider the candy bowl/jar on or in visual site from your desk.
- Do (or can you) step away from your desk to eat?
 - Distracted eating.

nutrition in your office

- Perishable Alternatives
 - Fresh fruit that's less perishable (apple, banana, cuties)
 - Larabar
 - That's it
 - Appealing beverage, fizzy water, flavored beverage, coffee or tea.
- Non-perishable alternatives
 - Fresh fruit and veggies (with hummus/dip)
 - Yogurt
 - String cheese or cottage cheese
- Review the nutrition label, be conscious of added sugar!



nutrition outside of your office

- Breakroom? Can you step away from your desk to eat?
- Workplace “lunches?” Who selects the location?
- Celebrations, is food a requirement?
- One celebration a month?
 - Consider the number of annual celebrations. E.g. Office of 75 people. Birthdays, holidays, baby showers etc.
- Afterwork gatherings?

setting yourself up for success

- Make a plan, what will you do if others are going out to lunch? For a drink after work?
- “Inventory” your office. What could be added or removed?
- Pack and prepare. What can be kept in your office? Do you have access to a freezer to store healthier frozen meals for a busy season?



Goal time!

lesson
03

Physical Design





lesson outline

Topic 1: The why.

Topic 2: Physical design inside your office.

Topic 3: Practical tips for success.

Topic 4: Your goal.

physical design. biophilic design why?

- Bringing nature / natural elements inside.
- Biophilic design promotes physical, emotional, and intellectual well-being in humans.
- Pictures of nature, plants, mountains, and outdoor landscapes have the same mental effect on well-being as being outdoors in real natural environments.
- When biophilic design elements are applied, stress levels are reduced, patients heal faster, and creativity is enhanced.

physical design in your office

- Natural light.
- Color. Hues of purples, blues, greens and various neutrals that mimic nature & enforce biophilic design.
- Plant life.
- Nature based wall art / images.
- Coping random patterns found in nature. Example: Arches and vaults, recreating rock shelves, water paths, and other things that naturally occur.








course title

setting yourself up for success

- Assess feasibility. Home office vs. work office?
- Start slow –
 - Add a plant or two?
 - Swap out / add wall decorations?
- Add a personal touch. Nature based photos that you've taken? Or local photos?
 - Cameron Park Farmers' market!
- Not your thing? Focus on decluttering and organizing. AND get outside!



Goal time!

A close-up photograph of a green dragon's scales and eye. The scales are a vibrant green with a glossy, overlapping texture. The eye is a golden-yellow color with a vertical slit pupil, surrounded by a patterned, textured area.

lesson summary

Change your “environment” to change your wellbeing.

contact info

Tiffany Lein

tllein@Viterbo.edu