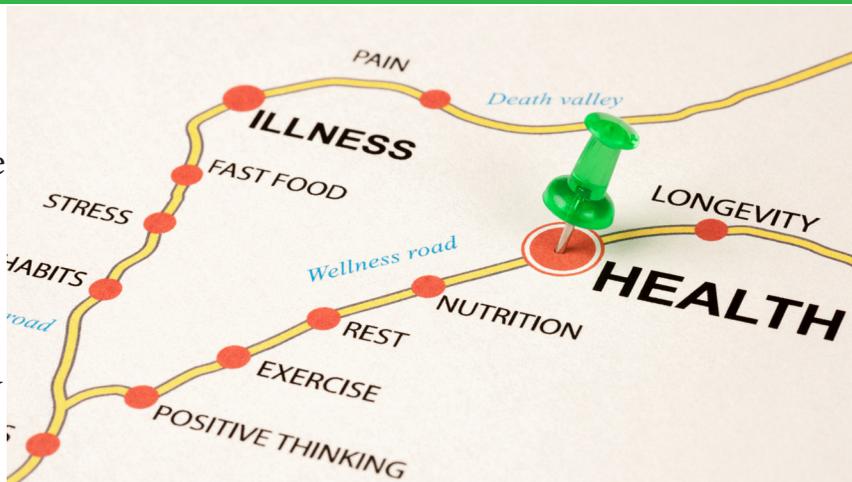


5 Things We Did to Get Our Corporate Wellness Program Started

1. POSITIVE THINKING: We started with positive thinking, because science keeps releasing more studies showing how much power our thoughts have over our physical body. One of these years we are going to stop being surprised by the research findings and say something like, “I knew the amazing mind could do that.” Share the studies

with employees that surprise people with how much power they have. Good health is all about keeping the blood flowing, so keep your employees moving.



2. EXERCISE: As a walking company we would have walk meetings during the day and our boss claimed that no one ever fell asleep during his meetings. An enlightening piece of research was released on September 8, 2014 from Indiana University stating if the body stays in a seated position for 60 minutes it results in half the circulation to the legs being cut-off. “The study participants who walked for five minutes for each hour of sitting saw their arterial function stay the same.”¹ The report also made it quite clear that exercising at the gym after work does not affect these results. The way we chose to incorporate this new fact into our office life, and keep each employees peak arterial action functioning, is that we decreased lunch break time and increased walk breaks/meetings every hour for 5 -15 minutes. By adding poles to the walk we succeeded in doubling the walk benefits in half the time.

3. REST: We did some research and found that the most productive people work for 52 minutes at a time, then break. Working in bursts with purpose made sense, so we gave it a try. We had each employee come up with their own system for setting a reminder, most employees use their phone. Keep it a simple and flexible reminder to move before the clock strikes 12.

4. REFRESH: If you are leaning over a keyboard and looking at a computer screen, you need to refresh your eyes and neck. A report on RSI (eye strain) came out, telling people who work on computers to focus on something at least 20 feet away every hour. We have been doing that on our walks, before the study was released, and continue every hour. One of the many benefits of walking with poles is that it frees people from having to look at the ground in front of their feet and lets them look up and enjoy the view, which refreshes the hard working eyes, neck and shoulder area.

5. EQUIPMENT: You must have the right food for energy and drinks for hydration, we replaced our soda machine for natural spring water. We chose to supply nuts and a cracker, just a few can keep you energized for the rest of the day and keep your mind off of other snacks. In order to start sitting less, we have to enjoy standing, so supportive shoes are part of our standard equipment. The right walking shoes or custom inserts can help align the body. This is especially valuable information for corporations that have associates standing for hours at a time.

Whatever your office situation is, we would be happy to help you get a wellness program started that is easy to stick with. We can supply research showing increased productivity, creativity and cognitive functions. If you have any questions about starting your Corporate Wellness Program, or would like to purchase Balance Walking Poles in bulk for your office, contact: kpatric@balancewalking.com, order single poles at <http://balancewalking.com>

References: 1. Indiana University study released on Sept. 8, 2014 “Short walk breaks”

