



## Are you active in the winter months?

As the cold weather moves in and evening daylight is short, many people have trouble getting off the couch to be active. “Regular physical activity is just as important to a healthy lifestyle as smart eating” stated The Academy of Nutrition and Dietetics, January 2014. Try approaching a change in physical activity as you would approach dietary changes - small sustainable changes that fit into your schedule as well as lifestyle.

Here are a few suggestions:

- Use an activity tracker to monitor activity and help maintain or increase your activity level
- Set time aside to participate in active play with your children
- Take a walk at a local park
- Schedule active time with friends or set up friendly challenges using your activity trackers
- If watching television get up and move at the commercials or move at set intervals when at the computer
- Set a reminder in your calendar to move or be active
- Keep a log of activity to help monitor progress and stay on track
- Take a walk indoors such as at a local mall or in the halls at work
- Use the stairs when possible

The Center for Disease Control and Prevention (CDC) set activity guidelines for adults (age 18-64) and children (age 6-17) to help reduce risk for chronic disease such as diabetes, heart disease, etc. Adults need at least 2 ½ hours of moderate intensity aerobic activity every week along with 2 or more sessions of muscle strengthening activities. Children should do 60 minutes of physical activity per day. Spreading activity throughout the day can be just as effective, set up your activity in 10 minute intervals throughout your day. The recommended 2 ½ hours per week breaks down to 30 minutes a day for 5 days a week, further breaking down to 3 – 10 minute sessions on each of those 5 days. Short bursts of activity can help fit activity into your schedule along with helping to make goals obtainable as well as sustainable.

Resources:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

Active Living - Healthy Ohio/Ohio Department of Health, September 10, 2014

Add Action to Your Lifestyle – The Academy of Nutrition and Dietetics, January 2014

Family Exercises Ideas for Every Season, Reviewed by Taylor Wolfram, MS, RDN, LDN – The Academy of Nutrition and Dietetics, October 4, 2016

## How is your stress level? Do you recognize your stress symptoms? Do you know when you are stressed?

As the year ends many people find their stress increases with the holiday season or with the yearend tasks at work. The body responds to stress with the fight or flight response, which is our defense against threatening situations. The body's response to stress results in senses that are heightened, pulse quickens, deeper respirations occur, and muscles tense. Early signs of stress include headache, sleep disturbances, difficulty concentrating, upset stomach, short temper, etc. Chronic stress is quickly becoming a risk factor for chronic health problems such as cardiovascular disease, musculoskeletal disorders, and psychological disorders.

The American Psychological Association recommends five healthy techniques to reduce stress:

1. Take a break from the stressor – a small break such as 10-20 minutes can help you refocus and relax or take a longer break such as not letting those vacation days to go waste.
2. Exercise – short bouts of activity can help you focus on physical movements of your body and minimize your focus on the stressor. Take a short walk if stress is affecting you in the moment or implement a regular physical activity routine to help reduce the effect of stress.
3. Smile or laugh – schedule an evening out with friends, don't talk about work or your stressor, take time to laugh together.
4. Get Social Support – friends can be great sounding boards, having someone to talk with can help alleviate stress and help you see things in a new perspective.
5. Meditate – quiet time is precious and can help combat the effects of stress. Taking a few minutes each day to meditate, focusing on your breathing, can be just as beneficial in decreasing stress as an exercise routine.



Lowering your stress level can help make the holiday season more enjoyable. Don't stress about starting a program to lower your stress level. Start by focusing on one of the techniques to reduce stress, when you feel comfortable with your new routine than add a second technique. A few small changes in routine can make the year end on a positive note!

Information adapted from:

<http://www.cdc.gov/niosh/docs/99-101/default.html>

U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health – DHHS (NIOSH) Publication No. 99-101, Stress...at Work

American Psychological Association – Five tips to help manage stress. 2016.

Follow SavFit on Facebook! New information, current news articles, recent programs, and more to come!



The [SavFit Facebook](#) page is updated regularly with a variety wellness topics. Please like the page and share the page with your friends.

*The time is now for employers to help improve the health of their most valuable resource – employees. With our expertise in healthcare, we at Savage and Associates can help you design and administer a worksite wellness program appropriate for your company’s size and budget. Helping employees have the tools to live a healthy lifestyle is imperative. Let Savage help you create a culture of wellness and prevention, promoting personal responsibility.*

Michelle Cleland, MPH, RD, LD, CDE  
Wellness Coordinator  
[michelle.cleland@savageandassociates.com](mailto:michelle.cleland@savageandassociates.com)  
419.725.7271



[follow on Twitter](#) | [friend on Facebook](#)

*Copyright © 2016 Savage & Associates, Inc., All rights reserved.*

**Our mailing address is:** [wellness@savageandassociates.com](mailto:wellness@savageandassociates.com)