

Nationwide Children's Hospital

Wellness On the Run



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Wellness on the Run Flash Cards

These cards were developed for Nationwide Children's Hospital employees to use anytime. Employees are encouraged to use these cards as a tool to make time each work day or work night to recharge, relax and replenish themselves!

In addition to the quick tips, each section includes a *"Take Action!"* section which gives information specific to Nationwide Children's Hospital employees about services/opportunities available to employees and family members.



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Employee Wellness Program Mission:

The mission of the **Nationwide Children's Hospital Employee Wellness Program** is to establish a work environment that promotes healthy lifestyles, decreases the risk of disease, and enhances the quality of life. This program empowers employees to make voluntary behavior changes, improves their individual productivity, and encourages them to be conscientious health care consumers through educational and wellness activities.



Quick Fitness Calf Stretch

1. Take a step forward, slightly larger than a normal stride length.
2. Both feet should be pointed forward.
3. Keep the back leg straight and your heel on the ground.
4. Slowly move your weight forward, bending the front knee. Do not let your front knee move beyond your front foot.



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Quick Fitness Achilles stretch

1. Take a step forward, slightly larger than a normal stride length.
2. Both feet should be pointed forward.
3. Slowly move your weight forward, bending the front knee. Do not let your front knee move beyond your front foot.
4. Slightly bend your back knee.



Quick Fitness Hamstring Stretch (seated)

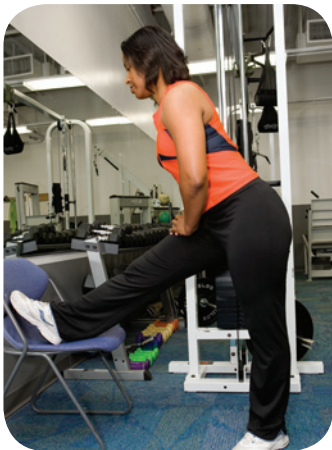
1. Position body near end of chair.
2. Keeping one leg bent at 90°, extend opposite leg with heel resting on the floor.
3. Maintain a straight back and lean forward from the hips.
4. Keep chest and head lifted.



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Quick Fitness Hamstring Stretch (standing)

1. Place heel on the floor slightly in front of you, or on a low object.
2. Keeping the knee of the extended leg straight, slightly bend other knee.
3. Maintain a straight back and lean forward from the hips.
4. Keep chest and head lifted.



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Quick Fitness Neck Stretch

1. Clasp hands behind your back.
2. Keep shoulders level.
3. Keeping your head level, rotate toward one side and hold.
4. Rotate toward the other side and hold.



Quick Fitness Tricep Stretch

1. Raise the involved arm as if reaching overhead.
2. Drop hand behind your head.
3. If you already feel a stretch, hold that position.
4. If you are able, place opposite hand on elbow and gently press toward the back.



Quick Fitness Chest Stretch

1. Clasp hands behind your back.
2. Roll shoulders back.
3. If necessary, slightly lift hands away from body without leaning forward.



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Quick Fitness Quadricep Stretch (standing)

1. Hold onto a stable object for balance.
2. Lift the involved leg toward buttocks. Keep opposite knee slightly bent.
3. Grasp the ankle or pant leg with the opposite hand and gently pull.
4. Maintain an upright posture, keeping knees close together.



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Quick Fitness Reverse Fly with Band

1. Keeping constant tension on the band, pull arms out straight while squeezing the shoulder blades in together (arms are parallel with chest).
2. Release band to front of body keeping constant tension on the band.



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Quick Fitness Bicep Curl

1. Stand with the middle of the resistance band under your feet and one end in each hand. Start with hands at your thighs with a slight bend in your elbows.
2. Bend your elbows, raising your hands up while your upper arms remain in a comfortable, fixed position at your sides.
3. Slowly return to the starting position and repeat 10-15 times.



Quick Fitness Chair Squat

1. Stand with your feet shoulder width apart and your knees slightly bent. Keep your hands at your sides, or out in front.
2. Bend at your knees and hips, keeping your back straight, your head up, and your eyes looking forward. Be sure to keep some of your weight back on your heels. Lower your body to a position slightly higher than sitting in a chair (barely touching the edge of your chair).
3. As you slowly return to



the starting position, think about pressing up through your heels and squeezing your glutes. Repeat 10-15 times.



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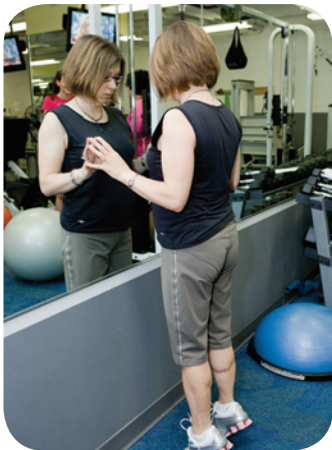
Quick Fitness Triceps Dips

1. Start sitting on a chair, bench or step at least 12 inches off the floor.
2. Finger tips pointing forward and hips close to the step or bench lower down until elbows reach a 90° bend (elbows are pointing straight behind you).
3. Slowing lift up to a straight arm position and repeat 10-15 times.
Note: to increase difficulty, straighten the legs.



Quick Fitness Calf Raise

1. Begin by lightly touching a wall for balance with feet shoulder distance apart.
2. Rise up on to your tiptoes as high as you can, squeezing your calf muscles.
3. Slowly lower down in a controlled fashion.



Quick Fitness Side Raise

1. Start with the middle of the resistance band under one foot and the end in one each hand. Stand with your feet shoulder width apart and your knees slightly bent. Your hand should be to the side of your thigh.
2. While maintaining a slight bend in your elbows, raise your arm out to the side until it is parallel with the floor (going no higher than shoulder height.)
3. Slowly lower your arm to the starting position and repeat 10-15 times.



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Quick Fitness Chest Press with Band

1. Sit upright in a chair with a resistance band behind your back and under each arm. Place one end of the resistance band in each hand. Bend your elbows to about 90° and keep your hands about chest height.
2. In a controlled motion, move your hands forward until your elbows are just slightly bent with thumbs touching.
3. Slowly return to the starting position and repeat 10-15 times.



Quick Fitness Take Action

TAKE ACTION!

- :: Participate in Free Group Fitness
- :: Join the NCH Fitness Center, or any other local fitness center. We have employee discounts at most major fitness centers.
- :: Take the stairs as much as possible.
- :: Walk around Livingston Park. One loop is ½ mile.
- :: Use the indoor walking routes ⅛ and ¼ mile routes available.
- :: Schedule a Fitness Assessment with the Employee Wellness Exercise Specialist.



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Life Balance

Nationwide Children's Hospital Value: We Promote Health and Well-Being

Try Pattern interrupts – change your thinking, change your mood; exercise, take a walk, engage in something you really like, hobbies, sports, being with positive people. (from Senn Delaney “At your Best” summary)



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Life Balance

Make time to participate in monthly Employee Wellness events. Most workshops last 30-45 minutes and are usually during the lunch hour.



Human Resources,
Employee Wellness

Monthly Event Calendar

OCTOBER 2009 – STRESS AWARENESS MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Yoga 7:15-8a (HR) Bootcamp 12-1p (FC) Toning 4:30-5:15p (HR)	2 Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	3
4 Step Out Walk – American Diabetes Association – 9:00am at COSI	5 Marathon Training Tips 11-12 ED137 Celebrate National Healthcare Food Service Week Bootcamp 12-1p (FC) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	6 Yoga 12-12:45p (HR) Step Aerobics 4:30-5:30p (FC) Toning 5:30-6:30p (FC)	7 Circuit 12-12:45p (HR) Bootcamp 4-5p (FC)	8 Self Defense 12-1 HR Yoga 7:15-8a (HR) Bootcamp 12-1p (FC) Toning 4:30-5:15p (HR)	9 Reflexology 10a – 1p (HR, 2 nd Fl) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	10
11	12 HES: Strategies for Weight Loss 12-12:30 ED054 Bootcamp 12-1p (FC) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	13 Yoga 12-12:45p (HR) Step Aerobics 4:30-5:30p (FC) Toning 5:30-6:30p (FC)	14 Circuit 12-12:45p (HR) Bootcamp 4-5p (FC)	15 Self Defense 12-1 HR Yoga 7:15-8a (HR) Bootcamp 12-1p (FC) Toning 4:30-5:15p (HR)	16 Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	17
18 Columbus Marathon – 7:00am (corner of E. Broad and 3 rd St)	19 Mobile Mammogram Unit 9am-4pm HES: Healthy Meal Preparation Bootcamp 12-1p (FC) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	20 Catch Me Before I Fall – 12-1 WA1525 Yoga 12-12:45p (HR) Step Aerobics 4:30-5:30p (FC) Toning 5:30-6:30p (FC)	21 Circuit 12-12:45p (HR) Bootcamp 4-5p (FC)	22 Self Defense 12-1 HR Yoga 7:15-8a (HR) Bootcamp 12-1p (FC) Toning 4:30-5:15p (HR)	23 Reflexology 10a – 1p (HR, 2 nd Fl) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	24
25	26 HES: Figure out the Food Label 12-12:30 ED054 Bootcamp 12-1p (FC) Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	27 Dealing w/Burnout and Exhaustion 12-1 WA1525 Mindful Eating 12-12:45 ED138 Yoga 12-12:45p (HR) Step Aerobics 4:30-5:30p (ED040) Toning 5:30-6:30p (ED040)	28 Circuit 12-12:45p (HR) Bootcamp 4-5p (FC)	29 Self Defense 12-1 HR Yoga 7:15-8a (HR) Bootcamp 12-1p (FC) Toning 4:30-5:15p (HR)	30 Toning 12-12:45p (HR) Yoga 3:30-4:15p (HR)	31



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Life Balance

Make time to appreciate the beauty of nature



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Life Balance

Listen to your favorite music often.



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Deep breathing can help manage stress. Deep breathing, inhaling and exhaling through your nose can relax and energize you.

1. Inhale deeply through abdomen for 4 counts.
2. Hold this breath for 4 counts.
3. Exhale slowly for 4 counts.
4. Continue cycle at least 4 times.



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Life Balance

**Take your breaks –
DO NOT WORK
THROUGH THEM**
(unless you have
a very, very good
reason). Schedule a
break reminder in
Outlook if necessary.



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Life Balance

Create a mission statement for yourself. Imagine your 80th Birthday and all the well wishes;

1. What will the family members/guests say?
2. What are they thinking about?
3. When they think of you and your life, which statements, images and memories come up in their minds?
4. What do you want them to think, imagine, and remember?



It is precisely *these* statements, images, and memories which should be your principles. You should live toward these principles everyday. All of these principles combined make up your mission statement (*Stephen Covey...7 Habits of Highly Effective People.*)



Life Balance

Feeling overwhelmed?

- :: Take a 10 minute walk to mentally re-charge.
- :: If you can go outside, the sunlight exposure will help boost vitamin D levels too! (*use the Employee Wellness indoor walking path or Livingston Park or path of your choice.*)
- :: Slip out the door and let your feet take you somewhere.
- :: Not only will walking give you the opportunity to clear your head and take a break from that hectic situation, but its great aerobic exercise, too.



Life Balance

Write in a journal

Expressing our feelings could be the best way to deal with stress. Keeping a journal is a way to capture those feelings at any moment. You don't have to worry about what others think or say, just let your pen do the work. By the time you're done, those feelings will be on their way out of your system.



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Stress and Work/Life Balance

TAKE ACTION!

- :: Use your Employee Assistance Program, Matrix. 8 free visits for employees and family members. Call 475-9500 or visit their website www.matrixpsych.com the website has many work/life balance resources.
- :: Bring Massage Therapy to your Department, rates are specially priced for departments.
- :: On occasion, order dinner from Subway or the Cafeteria to take home.
- :: Save yourself time by using the dry cleaning service. Laundry can be dropped off and picked up on-site. (contact Employee Wellness).
- :: Attend an Elder Care Support group meeting.
- :: Make time each day to do something just for yourself: Get fresh air, listen to your favorite music, read a good book, practice deep breathing, say “no” when appropriate.



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Nutrition

In the cafeteria or food court, ask for whole wheat bread or buns. In Q's coffee shop ask for low fat or skim milk for your coffee.



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Nutrition

Ask for salad dressing on the side. Try dipping your fork in the dressing then the salad. You will be surprised of how much less dressing you may use.



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Nutrition

Low Energy or headache? Drink an 8 oz cup of water to re-hydrate. Continue through the rest of the day for a total of 64 ounces in the day.



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Nutrition

Include a least one serving of fruit or vegetable at every meal and snack. You'll be sure to get many of the vitamins and fiber you need for good health. ($\frac{1}{2}$ cup of fruit/vegetable or 1 piece of fruit is a serving.)



Nutrition

Looking for a way to stay energized longer after your meal? Pack in some protein at every meal. Try 4 oz of grilled chicken or fish, $\frac{1}{2}$ cup of beans, 1 oz of cheese, an egg, 2 tablespoons of peanut or soybean butter, yogurt, or cottage cheese.



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Nutrition

Start your day right with breakfast. Eating a healthy breakfast will jumpstart your metabolism to help maintain a healthy weight and energize you for your day.



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Nutrition

Order a healthy meal from the cafeteria, food court or Subway to take home for dinner!

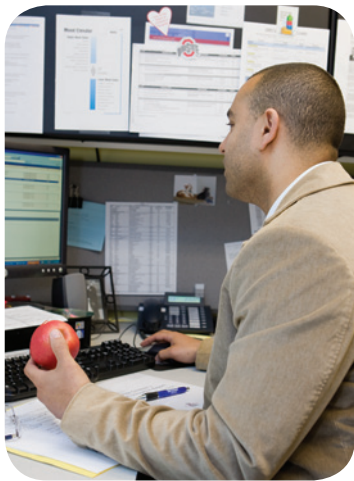


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Nutrition

Keep a fruit bowl (instead of a candy bowl) stocked and within arms reach. Keep a few cans of peaches, pears or fruit cocktail packed in juice in the refrigerator.



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Nutrition

Nourish your body with yogurt. One 6 oz container of yogurt has calcium and vitamin D for bone health and live active cultures of pro-biotics for digestive health.



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Nutrition

Need a snack? Stock up at the store so you can pack some healthy snacks. Try string cheese with grapes, hummus with carrots, apple with peanut butter, almonds with raisins, or yogurt with berries.



Nutrition Take Action

TAKE ACTION!

- :: Participate in a “Healthy Eating Series”
- :: View nutrient information for menu items in Cafeteria and Food Court.
- :: When visiting the Food Court or Cafeteria, look for the daily healthy selection.
- :: Participate in Weight Watchers at Work, the hospital supplements the cost for all employees.
- :: Meet one on one with the Employee Wellness Dietitian.



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For more information on Nationwide Children's Hospital Employee Wellness, please visit our intranet page. You may also e-mail EmployeeWellness@NationwideChildrens.org or call 355-4149.



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