

# Healthy@Hopkins



## Health Coach's Corner

### Health Coach's Advice....get moving

The surgeon general's report on physical activity states 30 minutes of "moderate" exercise on most days of the week is beneficial for health. Exercising regularly helps us lose some of those unwanted pounds, and can also reduce some of the health risks associated with medical conditions such as heart disease, obesity, diabetes, and increased levels of high cholesterol and blood pressure.

The good news is you do not have to participate in a vigorous exercise program or run a marathon to get results. You can break up the 30 minutes into smaller periods of 10 minutes each. And you need not worry about getting to the gym everyday—there are many other ways to add moderate activity into your lifestyle and still lose weight and get healthy.

The more vigorous the activity, the less time needed. But, if you have not exercised in a long time you may want to start slow. To increase the likelihood of sticking to your program, be sure to pick activities that you will enjoy. (See adjacent list for ideas.) May is National Physical Fitness and Sports Month and May 21st is National Employee Health Day. So pick your exercise, start moving, and have fun!

- **Washing and waxing car 45-60 minutes**
- **Walking 1 ¾ miles in 35 minutes**
- **Dancing fast for 35 minutes**
- **Bicycling 5 miles in 30 minutes**
- **Gardening 30 -45 minutes**
- **Swimming laps for 20 minutes**
- **Stairwalking for 15 minutes**
- **Pushing a stroller 1 ½ miles in 30 minutes**

## Couch Potato Or Gym Rat...which are you?

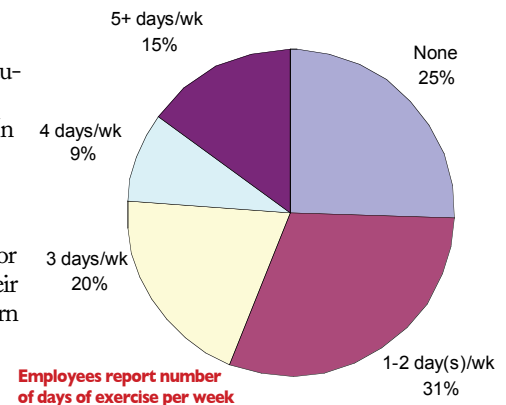
Did you know that 85 percent of your fellow Hopkins' employees who filled out the Health Risk Assessment (HRA) reported getting less than the recommended amount of total exercise; 50 percent reported getting no strength training exercise; and 36 percent reported getting no stretching exercise?

According to the American College of Sports Medicine and the American Heart Association, adults under the age of 65 should be participating

Source: Recommendation for Adults from the American College of Sports Medicine and the American Heart Association. Med. Sci. Sports Exerc., Vol. 39, No. 8, pp. 1423-1434, 2007.

in 30 minutes of moderately intense cardiovascular activity five days per week and muscle strength training activities two days per week. In addition, stretching exercises can help prevent back and muscle injury due to stiffness.

The good news is that at least 50 percent of Hopkins' employees are either thinking about or have already taken action toward increasing their level of exercise! In this newsletter, you will learn about some fun opportunities to do just that!



## Industry Trends

Illnesses linked to sedentary lifestyles have increasingly become a national health concern. To help employees increase their physical activity, which can improve quality of life and lower health care costs, employers are increasingly turning to employer-sponsored fitness programs. These programs often include onsite walking programs, fitness challenges and/or subsidized gym memberships. According to Mercer's 2008 Policies and Practices Report, 30.1 percent of responding employers sponsor some sort of physical fitness program and 41.6 percent offer on-site fitness centers.

The availability of workplace fitness programs does seem to influence employees' overall physical activity. A study by the Blue Cross and Blue Shield Association reports that "the number

of working Americans who report they get "no exercise" is two times higher among those who have no access to workplace fitness programs than it is for those who do." In addition, "workplace programs and flexibility are leading incentives that make employees much more likely to increase their physical activity."

Employer fitness programs are relatively new, but some companies that are sponsoring workplace fitness programs include Discovery Communications, Texas Instruments, IBM, Clif Bar, Florida Power & Light, PepsiCo and AstraZeneca. These companies are reporting improvements in employee morale and effectiveness, decreases in insurance claims for cardiovascular disease and some cancers, and double-digit savings on insurance premiums.<sup>1</sup>

Employees who participate in workplace fitness programs report these programs benefit both the employer and employee. Results include increased ability to stick to an exercise program, greater success in achieving weight-loss and fitness goals and enhanced job satisfaction.

<sup>1</sup> U.S. News and World Report, When Your Boss Says Jump: You may see a payoff in working out at work, Christine Larson, June 26, 2006.

## Resource List

**American Council on Exercise**  
<http://www.acefitness.org/>

**American Heart Association**  
<http://www.americanheart.org/>

**American Cancer Society**  
[http://www.cancer.org/docroot/PED/PED\\_7.asp](http://www.cancer.org/docroot/PED/PED_7.asp)

**Wellnet**  
[www.insidehopkinsmedicine.org/wellnet](http://www.insidehopkinsmedicine.org/wellnet)

# Healthy@Hopkins

## Second Healthy@Hopkins 30 Minute Walk

Join Ron Peterson & Pamela Paulk on May 12th for the 2nd Annual Healthy@Hopkins 30 minutes walk. The walk will begin at 12:00 pm in front of the School of Public Health – Wolfe Street. Contact Wellnet@jhmi.edu or call 410-955-9538 to pre-register. The first 500 participants will receive a Healthy@Hopkins water bottle.

## Walking....For the Health of It!



It's the simplest, most accessible form of exercise and it may also be the best thing you can do each day to improve and maintain health and well-being throughout life. The benefits of walking include: reducing cardiovascular risk and improving heart function, reducing blood pressure and weight, not to mention improving a sense of well-being.

Get Ready for the May 12th Walk.. Join the Wellnet Walking Group on Tuesdays from 11:30 – 12 pm or Fridays from 12:15 – 12:45 pm. Meet inside the Wolfe Street lobby.

## Spring Into Fitness!

<b>Aerobics</b>	Monday & Thursday 5:00 – 6:00 pm Meyer 2 Gym
<b>Stretch-n-Tone</b>	Mondays 12:15 – 1:00 pm Thursdays 11:45 – 12:30 pm Pre-Clinical Teaching Building – Room 517
<b>Yoga</b>	Mondays 5:00 – 6:00 pm Meyer 2 Gym Fridays 12:00 – 1:00 pm JHOC 6150

Discounts at local fitness centers: contact Wellnet for a list of facilities

## Employee Profile – Pension Department Counts Pounds!

Inspired by their former co-worker Nicole Wilson, who lost 50 pounds, Jean, Rosalind, and Rick have all followed her lead.

*In 2007*

**Jean Cave, Senior Pension Specialist** for 32 years, was diagnosed with Diabetes, elevated cholesterol and triglycerides.

**Rosalind Ridgeway-Simmons, Pension Benefits Specialist**, learned she had high blood pressure and was at risk for heart disease. Rosalind also has a family history of breast cancer, heart disease and kidney failure. She remembers being “ordered by my doctor to lose weight.”

**Rick Ohmer, Director of Pension**, wanted to drop a few pounds to enhance his health.



*Before*

*After*

*In 2008*



This group of four has lost 153 pounds to date!

Jean's diabetes is under control and her cholesterol levels have improved! She has lost 30 pounds and is thrilled to be down three dress sizes. She joyfully tells us, “I haven't been a size 12 in 20 years!”

Rosalind has lost 43 pounds and her blood pressure is down. She says the changes have been wonderful and she is feeling very good about herself.

And Rick is feeling healthier and is enjoying buying new clothes.

### *Changes Along the Way*

To reach their goals they made numerous adjustments to their lifestyles including eliminating soda, junk food and sweets. You won't find any candy jars in Pension; but will find more whole grains, low carbs, vegetables and fruits. Exercise has also been key to their success. They are walking more and taking the stairs instead of the elevator. They have found that co-workers and family have been a great support network. They also found support through their participation in Healthy@Hopkins events including Wellnet Health Screenings and the 2007 Healthy@Hopkins Walk.

### *And the Challenges?*

Jean, Rosalind and Rick indicate that social gatherings, making the necessary nutrition and exercise changes, and going back to school presented them with challenges over the past year.

### *Reflections & Advice*

“Make a choice: Do nothing and die young or change eating habits and hopefully live longer and happier,” suggests Jean Cave.

“It's a challenge, but stick to it. If your doctor says you need to do it for your health, please do it...do not have second thoughts. It could save your life,” advises Rosalind L. Ridgeway-Simmons.

“Get a digital scale. Don't eat after 7:00 pm. And reduce your calorie intake,” are key tips offered by Rick Ohmer.

Do you have a health success story to share? Contact Wellnet at 410-955-9538 and you might be featured in the next edition of Healthy@Hopkins.



JOHNS HOPKINS  
HOSPITAL

*Live. Work. Learn. Grow.*

For information about Healthy@Hopkins programs at JHHSC/JHH contact Wellnet at 410-955-9538

## Calendar

### Smoking Hypnosis

April 24 11:30 – 1:00 pm  
Broadway Research

### Fitness Awareness Table

May 2 12:00 – 2:00 pm  
Alpha Commons Lobby

### Weight Watchers

May 6 1:30 – 2:30 pm  
Eastern High School (Tuesdays)

May 7 12:30 – 1:00 pm  
Marburg Conference Room (Wednesdays)

### Stroke Awareness Table & Screening

May 16 10:00 – 2:00 pm  
CMSC Lobby

### Know Your Numbers Health Screening

May 20 3:00 – 5:00 pm  
Wilmer Portrait Room  
June 13 9:00 – 11:00 pm  
JHOC 2140

### Osteoporosis Awareness & Bone Density Screening

May 29 2:00 – 4:00 pm  
Wilmer Portrait Room

### Summer Safety & Derma Scan Skin Screening

June 27 11:30 – 1:30 pm  
Meyer 2 Gym & 6:30 – 8:00 pm