



your source of

well-being at work

The Eden Springs newsletter for the promotion of healthy habits at work

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Computerized reminders for hydration and exercise increase worker productivity

In today's society an increasing number of people are involved in computer work for increasingly longer periods of time. Studies indicate that the amount of time spent performing computer work is directly related to the prevalence of physical discomfort and musculoskeletal disorders among workers.

Experts suggest that prompting employees to take extra rest breaks provides the body

with a period of recovery and can help alleviate such disorders. Software programs are available that stimulate computer workers to take the necessary breaks during the day. Several studies have reported the effectiveness of these types of programs.

One study conducted in the Netherlands with the participation of 260 computer workers

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Spring vegetables make a welcome appearance after the winter



FROM THE EXPERT

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The importance of fresh fruit and vegetables in one's diet is well documented. The World Health Organization (WHO) recommends 600gr per day to maintain a healthy diet, which evidence indicates can help prevent cardiovascular diseases and cancer, among other health benefits.

We are lucky that with modern transportation methods our grocery stores are well stocked with fruit and vegetables throughout the year. However, according to some experts eating local and fresh produce is preferable to imported produce. As the long, hard days of winter are drawing to an end, the first of the local spring vegetables are making an appearance in markets and stores. These early spring vegetables are full of beneficial properties, such as vitamins, carotenes and antioxidants. You'll have to wait a little longer, though, until there are fresh varieties of local fruit on offer. So in

the meantime, make the most of the season with the following:



Asparagus

As with other spring vegetables, the growing season for asparagus is short. Only the young shoots of asparagus are eaten. The stalks should be firm but tender, the colour bright and the tips tightly closed. In addition to being easy to prepare (steam, boil, or grill, to name but a few methods), one serving of asparagus contains 114% of recommended daily allowance (RDA) of vitamin K, which is important for bone health, and nearly 66% RDA of folate, which helps maintain a healthy cardiovascular system. Asparagus is also a good source of folic acid, potassium, and dietary fiber.



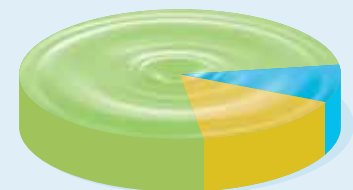
Radishes

Derived from the Greek, and meaning "quickly appearing" the name refers to the rapid germination of this edible root vegetable. There are many varieties that are grown throughout the world, and they are

Did you know...

...that the majority of the world's water consumption is used for agriculture?

Only 10% is used for domestic purposes. Two-thirds of that is used in bathrooms; less than 1% of all water consumption is for drinking and cooking.



Agriculture	70%
Industry & energy	20%
Domestic use	10%

one the first root vegetables to be available in spring. The little red and white radish bulb is a good source of vitamins B and C, which serves as both an antioxidant and anti-inflammatory and is also an excellent source of potassium, which is important for kidney and blood health. Their bright colour and fiery flavour add punch to salads and sandwiches.

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Computerized reminders for hydration and exercise increase worker productivity

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has confirmed what had been suggested by previous reports, namely:

1. Computer workers with limited opportunities to take breaks complain more frequently of physical discomfort in the neck, shoulders, arms and hands than workers who take breaks.
2. Workers who took active breaks (performed some physical exercise) reported less muscle discomfort than those with passive breaks.
3. Workers who took regular breaks were found to be more productive than workers who did not take breaks.

When workers take more breaks it might be expected that their productivity will decrease as their work time is shorter. In the Netherlands study however, workers who were prompted to take regular breaks were found to be more productive than their non-breaking colleagues. (Productivity was determined by measuring the number of keystrokes and error rate).

78% of the participants in the study said using the software helped to alleviate their pain and discomfort. Researchers attribute the positive results to a change in the participants' work patterns and behaviour (e.g. work posture, muscle relaxation) and a more positive attitude. 90% of the participants would recommend other computer workers to use the software.

Eden offers its customers just such a software program, the "Eden Bodyguard". It prompts workers to maintain proper hydration throughout the day by taking a water break, as well as encouraging breaks for stretching, to prevent physical discomfort and musculoskeletal disorders. The Eden Bodyguard is available for download on the company's website:

www.edensprings.com/bodyguard

Source: S.C. Van den Heuvel et al, "Effects of software programs stimulating regular breaks and exercises on work-related neck and upper-limb disorders: Scand J Environ Health 2003;29(2):106-116

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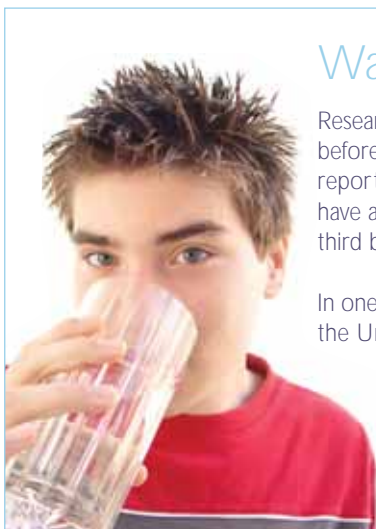
Watercress

Historically watercress was used to treat a multitude of ailments: tuberculosis, asthma, emphysema, arthritis, diabetes, anemia, constipation, cancer, heart conditions, eczema, indigestion... We now know why: watercress is an excellent source of beta-carotene, vitamins A, B1 and B6, C, E and K and also contains abundant iodine, iron, calcium, magnesium and zinc. In addition, it also contains a flavonoid called quercetin that is thought to reduce inflammation and serves as a natural anti-histamine. Use in salads and sandwiches.



Spinach

Spinach is called a "superfood" thanks to its large nutritional value. It is a rich source of vitamins A, C, E, and K, magnesium, iron, calcium, potassium, zinc, dietary fiber and several vital antioxidants. In addition, it is a good source of omega-3 fatty acids. Steaming maintains the maximum benefits, but it can also be boiled. When tender, put the spinach into a colander or sieve, and press out excess liquid. Then chop it finely, season with nutmeg, and serve as an accompaniment to chicken or fish. You can also use it in salads, soups, quiches, curries and pasta sauces.



Water Boosts Brain Power!

Researchers have found that drinking a glass of water before exams can help students improve their grade, reports the research journal *Appetite*. Children who have a drink of water before sitting tests fare up to a third better, the study claims.

In one of the first studies of its kind, researchers from the University of East London looked at the effects of water on the performance of almost 60 boys and girls aged between seven and nine. Half were given a 250ml glass of water to drink, and 20 minutes later, both groups were subjected to a battery of tests

designed to assess visual attention and memory. The water-drinkers scored 34 per cent better, the report indicates.

According to Researcher Dr. Caroline Edmonds: "Children who had a drink of water performed significantly better on a number of tasks. Our findings suggest that consuming water benefits cognitive performance in children."

Previous studies have already shown that drinking water boosts the brainpower of adults. The reason why isn't clear, but it appears that "information flows more smoothly between brain cells when they are well hydrated," said Dr Edmonds.

Well-being at Work

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Eden water - your source of well-being at work



Energy | Health | Balance | Creativity | Focus