



your source of

well-being at work

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

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Office Athletics

Regular exercise gives you more energy to get through the day



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FROM THE EXPERT

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With our hectic work schedules and personal commitments, it is often hard to find the time to exercise. Even with the best of intentions, exercise can often fall lower down the priority list. However it is important to keep in mind that your body is not designed to sit at a desk, to stand all day, or do any repetitive task for a long time. It is meant to be kept mobile.

A lack of exercise can have many detrimental effects, both in the short term and in the

long term. In the short term it can lead to stiff and sore muscles, headaches, poor concentration, lack of energy, and poor quality of sleep. In the long term it can lead to stooped posture, muscle imbalances, heart disease, Osteoporosis, and weight gain.

It is therefore essential that we fit exercise into our weekly schedule. It helps us to get the most out of life today, and also in the coming years. Be aware of your body during the day; it will give you warning signs when you need to stretch: tingling, stiffness, burning, heaviness, dragging, numbness or tightness in the joints or muscles.

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Do you get smarter with exercise?

Everyone knows that exercise builds your body, but research now shows that it can build your brain cells too.

By the time you turn 30 your brain begins to lose thousands of un-replaced neurons (nerve cells that transmit electrical impulses) every day. In your 40's some mental changes become noticeable – short term memory, reaction time and ability to concentrate are all affected, and by age 80, your brain weighs about 7% less than it did in your prime.

Regular exercise may help to prevent some of the mental declines of ageing by increasing

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Did you know...

...that the average 60 gram chocolate bar contains 1122 kilojoules?

Everyone is tempted to indulge now and then, but have you ever wondered how long it takes to work off those extra kilojoules?

Here are 3 options:

- Be a couch potato for five hours.
- Just keep moving for three hours and 40 minutes.
- Run for 26 minutes.



Source:
Good Medicine Magazine

Do you get smarter with exercise? "

↪ continued

blood flow to the frontal lobes of the brain. The frontal lobes of our brain help with the ability to plan and organize our attention on a number of tasks, and deteriorate with ageing more than any other part of the brain. We all regularly need to balance two or more jobs at the same time – exercise keeps you quick on your feet in more ways than one!

Sources: Healthworks Corporate



Office Athletics

Regular exercise gives you more energy to get through the day

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If it's hard to find the time to exercise regularly, why not use the breaks you have during your work day? Whether is during lunch or a 'coffee' break, any amount of physical activity will result in a better functioning mind and body, not to mention improve your work performance, mental alertness, and reduce your risk of developing serious health disorders.

Here are some ideas to get you motivated to exercise during your work day:

1. Go for a walk or a run during your break. Take a different route each day so you don't get bored, or ask a colleague to come with you and talk while you walk.
2. Use the stairs instead of the lift whenever possible. If you think there are too many floors, get off the lift a few floors early, and walk the last few flights.
3. Get up and walk to deliver a message to someone at your workplace instead of using the phone or sending an email.
4. Sign up for a gym, yoga, dancing, aerobics, or other classes at a nearby venue, either over lunch or after work. Ask a friend to join you, and you'll help motivate each other on the days you don't feel like going.
5. If your workplace is in a remote place, consider asking your boss to provide some onsite equipment such as treadmill or exercise bike for use during breaks.
6. If you take public transit to work, get off a few stops early, or if you drive to work, park further away then necessary, and walk the rest of the way.

The best way to ensure that exercise does not fall to the bottom of the priority list is to treat it as you would any other appointment. Make sure that you write down the exercise session in your diary, and don't cancel it except under extenuating circumstances.

Dedicate a part of your work day to finding time for physical activity and you'll improve your general health, fitness level, and increase your mental capacity!

Step it up

No Time to exercise? Try climbing steps

Gradually working up from one flight of steps, researchers got 12 sedentary women to climb six flights of steps a day. After six weeks, compared to a similar sedentary group, the stair-climbers resting heart rates and exercise heart rates were lower; they used oxygen more efficiently; and their ratio of good cholesterol to total cholesterol improved by 20%. And it only took them under 14 minutes a day!

Sources: Healthworks Corporate cited in The Good Health Bulletin



COMING UP IN THE NEXT ISSUE

Stress in the Workplace
The impact and how to combat it

Water for Africa
Eden supports UNICEF

Well-being at Work

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