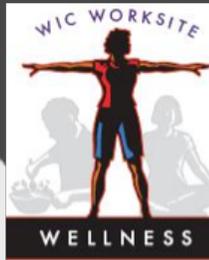




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WIC Worksite Wellness Newsletter

Welcome to Volume 1 of the WIC Worksite Wellness Newsletter. We will issue monthly newsletters to highlight new research developments, share success stories and offer suggestions for implementing your agency's WIC worksite wellness plan.

Stand Up While You Read This!

The New York Times By Olivia Judson, 2/23/10

This NYT article highlights the latest research on the challenges of staying healthy in the workplace. Various studies have found that sitting for long periods of time can be detrimental to your health. But there are strategies you can use to combat the ill effects of sitting for long periods of time.

Your chair is your enemy.

... If you spend most of the day sitting – in your car, your office chair, on your sofa at home – you are putting yourself at increased risk of obesity, diabetes, heart disease, a variety of cancers and an early death. Even if you exercise vigorously, sitting for long periods is bad for you.

...So what's wrong with sitting?

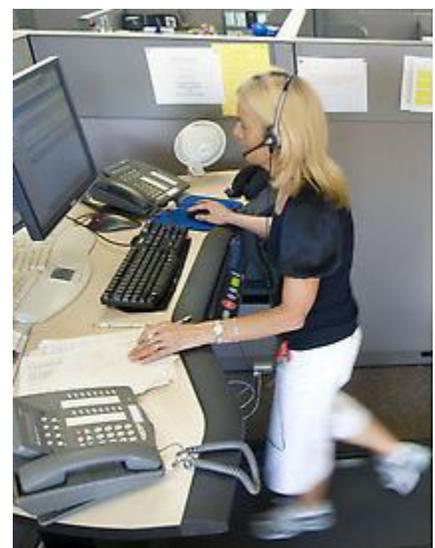
The answer seems to have two parts. The first is that sitting is one of the most passive things you can do. You burn more energy by chewing gum or fidgeting than you do sitting still in a chair. Compared to sitting, standing in one place is hard work. To stand, you have

to tense your leg muscles, and engage the muscles of your back and shoulders; while standing, you often shift from leg to leg. All of this burns energy.

...Weight gain is often the cumulative effect of a series of small decisions: Do you take the stairs or the elevator? Do you e-mail your colleague down the hall, or get up and go and see her? When you get home, do you potter about in the garden or sit in front of the television? Do you walk to the corner store, or drive?

...A study of people who sit for many hours found that those who took frequent small breaks – standing up to stretch or walk down the corridor – had smaller waists and better profiles for

sugar and fat metabolism than those who did their sitting in long, uninterrupted chunks



For the complete article go to:
<http://opinionator.blogs.nytimes.com/2010/02/23/stand-up-while-you-read-this/>



WIC Worksite Wellness Tips

Here are some ideas for what you can do on your own or as an agency to help staff members stay healthy by limiting long periods of sitting.

Tips You Can Do on Your Own

1. Take regular stretch breaks.
2. Take the stairs instead of the elevator.
3. Walk over to your co-workers desk rather than emailing.
4. Consider using a therapy ball or stool instead of your chair.

Tips for Your Agency's Workplan

1. Integrate 10 minute Lift Off! breaks into staff meetings.
2. Implement walking meetings.
3. Map out a short walking route around your agency and distribute maps to staff.
4. Organize a fundraiser to purchase pedometers and therapy balls.

SEND US YOUR IDEAS & QUESTIONS



We want to know what worksite wellness ideas are working for your agency. We also want to hear your questions and concerns about implementing worksite wellness. Share your agency's successes and/or questions by emailing us at:

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