

## The Spotlight



According to Winona States' "Seven Dimensions of Wellness,"

### OCCUPATION

### WELLNESS

includes finding personal fulfillment and satisfaction from our chosen career fields or life goals while maintaining balance in our lives. Positively impacting the organizations we work in and society as a whole through our careers helps ourselves and improves the lives of others.

### QUICK TIPS FOR OCCUPATIONAL WELLNESS:

1. Take a break: taking breaks actually improves job performance, and it also helps reduce overall work stress.

2. Make a list, and be realistic: To maximize your to-do list's effectiveness, make sure that you keep it relatively short. This will force you to prioritize your projects.

3. Organize your workspace: A clean, neat and organized workspace makes it much easier to keep track of everything that is going on, reducing feelings of anxiety.

Rhodes, Jessica. "Quick Tips for Occupational Wellness." 123 Feel Better RSS. 123 Feel Better Company, 1 Sept. 2011. Web. 6 Nov. 2014.



# Employee Wellness Program

Date: 11/7/2014

## WINONA HEALTH EDUCATION

### SESSION: POSTURAL DYSFUNCTION

When: Monday, November 10th

Time: 12:30-1:30pm

Where: IWC 145

Speaker: Travis Kramolis, DPT  
for Winona Health

\*There will be a raffle for samples from GNC if you attend\*

## DESKERCISES

Remember the days when "work" meant manual labor with a side of blood, sweat, and tears? Neither do we. These days it seems we're more likely to log hour after idle hour with our bums glued to our seats. And while you may be an Excel champ by day and gym rat by night, recent research suggests that the recommended 30 minutes of cardio five times per week may not undo the health risks of a sedentary lifestyle .

SO WHAT DO YOU DO?! Example: The Lunch Break Hammy: Strengthen the hamstrings with this standing leg curl. Stand behind your chair and hold onto it for support. Gently kick one foot back, aiming the heel for the top of your thigh. Lower the foot back down and repeat exercise with the other leg. Do 10 reps, take a bite of your lunchtime sandwich, and then do 10 more.

Find More Information and Deskercises at <http://greatist.com/fitness/deskercise-33-ways-exercise-work>

## EMPLOYEE TESTIMONY

Being a part of the Employee Wellness Program was great - it gave me the reason I needed to get some exercise. And the student trainer kept things interesting and fresh by changing up the routine every time we met

(Plus having someone. pushing me didn't hurt, either.)

~Dr. Oz's~

### NO BAKE ENERGY BARS

1 cup quick-cook oats  
1/3 cup dried tart cherries  
1/2 cup all-natural peanut butter  
3 tbsp honey  
1 tsp vanilla

- Mix the ingredients together in a bowl.
- Spread the mixture in a pan and refrigerate for 2 hours.
- Slice and enjoy! Return uneaten bars to fridge for storage.

~Dr. Oz's no-bake energy bars are designed to help you fight off the mid-day slump! The combination of protein, fiber and antioxidants will stabilize your blood sugar and rev up your energy for hours.~