

Living on WELL Street Blog: “Tips For Strengthening Your Workforce”

By Michael White

Workplaces that promote the health and well-being of employees often seek ideas that will engage people in fun activities that contribute to a healthy lifestyle. These activities should promote health, be educational, and serve to improve morale and productivity. Activities should not be the foundation of a workplace wellness program; a measurable health improvement program should be. However, activities are an important contributor to a culture of health within a work environment. And, when supported at all levels of an organization, can lead to a happier and more productive workforce that wants to be healthier.

WELL Street’s **BE STRONG** activity encourages everyone, male and female, young and old, to increase their physical strength. When we are stronger, everyday tasks become easier. Carrying a bag of groceries, walking up stairs, lifting a child or maintaining high energy levels all become easier to accomplish. Strengthening muscles is call “anaerobic” exercise. This differs from “aerobic” exercise that improves the cardiovascular system. Both aerobic and anaerobic exercises are necessary for good health and optimal functioning. Aerobic exercise, like walking, biking and running, requires continuous and large amounts of oxygen to generate energy. The benefits of aerobic exercise include a more toned body and, as mentioned, an improved cardiovascular system. Anaerobic exercise, such as weight lifting or resistance exercise does not require large amounts of oxygen. The body taps into stored glycogen to provide power for our muscles during anaerobic exercise. The major benefit of anaerobic exercise is increased muscle and bone strength.

The **BE STRONG** activity encourages people to engage in muscle strengthening, anaerobic, exercise - exercise that provides external resistance and causes muscles to contract. Dumbbells and barbells, weight machines, cans of food, and a person’s body weight are examples of what can be used for external resistance. Consider forming teams to encourage participation and engagement. The link below provides complete details of the **BE STRONG** activity.

Go to: <http://www.wechoosehealth365.com/asp/asp/Public/Page.aspx?pid=15548>

Live WELL!

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