

The Wellness Report— Fall 2016



THE DUPUIS LANGEN GROUP
SOLUTIONS WITH CLARITY

Sitting the New Smoking

It's hard to believe that once upon a time smoking in the office was normal. Can you imagine one day sitting at your desk all day being just as unbelievable? Sitting is the new smoking. Well at least there is no such thing as second hand sitting, or is there?

Sitting or so called desk jobs hopefully will be a thing of the past one day.

Health Concerns Resulting from Sitting

- Obesity
- Increased blood pressure
- High blood sugar
- Increased risk of death from any cause - when comparing adults who logged more than 4 hours a day of recreational screen time.



A health concern is also a concern to your group benefits plan!

Unhealthy employees will have a negative impact on your extended health benefits plan, the good news is there are many ways you can help your employees be healthier just by making small simple changes in their work day. Standing desks, stretch breaks, healthy snacks are just a few ways of having a positive impact on the health of employees.



Credit: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>

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Standing – 50 more calories burned per hour than sitting.

400 calories a day, after a year of standing just 3 additional hours each day, one can burn up to 30,000 extra calories and eight pounds of fat. In addition, it's the equivalent of running about ten marathons.

Credit: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/would-you-do-this-at-work/article17945720/>

What you can do to Offset all the Sitting!

- Stand while talking on the phone or eating lunch.
- If you work at a desk for long periods of time, try a standing desk — or improvise with a high table or counter.
- Walk laps with your colleagues rather than gathering in a conference room for meetings.
- Position your work surface above a treadmill — with a computer screen and keyboard on a stand or a specialized treadmill-ready vertical desk — so that you can be in motion throughout the day.



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