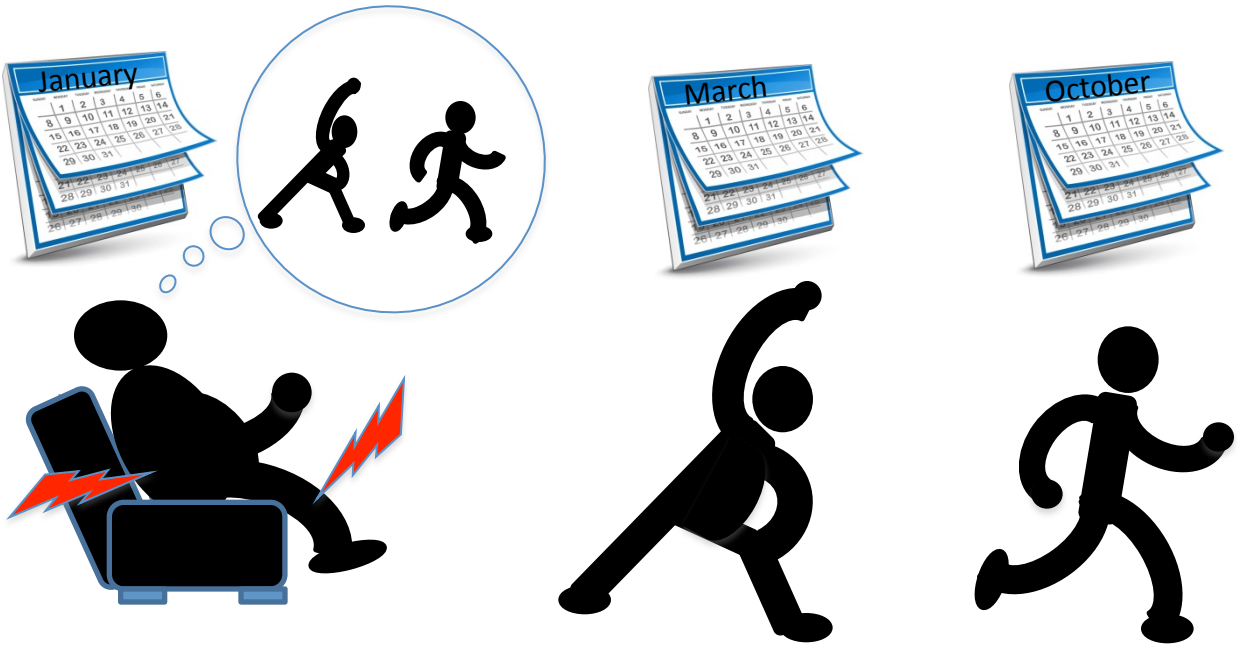


HEALTH IMPACTS SAFETY



- **Get active to prevent chronic illness, improve well-being, reduce stress, and live longer**
- **Be active for at least 150 minutes per week**
- **Include strength training in your activity**
- **Stay active - it can help reduce accidents and absenteeism from illness and injury**

Safety Meeting Guide

TWH 9: What's exercise got to do with it?

<http://ow.ly/iHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Our safety talk today is about a man who lost 130lbs by exercising and eating healthier. This man had been overweight his entire life, but by committing to limit junk food and being active 4-5 times a week, he went from a size 54 waist and 3XL shirt to a size 34 waist and Medium shirt. He frequently travels for work and has developed several exercise routines that he performs in his hotel room to make sure he never misses a work out. Blogging about his experience helped him develop a support group that helped him stay on track.

Adults are recommended to get at least 150 minutes (2 hours and 30 minutes) per week of moderate aerobic activity (like brisk walking, jogging, biking, swimming, or hiking) along with muscle strengthening exercise two days a week. While engaging in moderate exercise you would typically be breathing harder than normal and have an increased heart rate but can still carry on a conversation. Being physically active on a regular basis can help reduce your risks for cardiovascular disease, stroke, type 2 diabetes, some cancers, help control your weight, strengthen your bones and muscles, improve your mood, prevent falls among older adults, and increase your chances of living longer. People who are more fit also have lower injury rates on the job and recover from injuries more quickly if they do occur.

Here are some ways we can get regular exercise and stay physically active:

- Integrate physical activity into your routine. For example, bike to work on most days of the week, walk to the neighborhood grocery store, take a brisk walk with a colleague during your work break.
- Make a clear goal for maintaining a routine of physical activity and find a family member or friend (exercise buddy) to work out with. Motivate each other to stick to the goal.
- Make regular physical activity a priority.
- Physical activity can be a great stress buster. Taking a walk can often help clear your head.
- If you have a gym at work, bring your exercise clothes to work and leave them there.
- Regular physical activity can be free of cost. You don't need to get an expensive gym membership. Go outdoors or find a park around your home or work.

ASK: "Does anyone have more ideas or comments to share?"

Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say)

- What are some ways you get regular physical activity?
- What are your favorite exercises and muscle strengthening activities?
- What are some effective strategies to stay physically active at work and outside work?
- What motivates you to stay physically active?