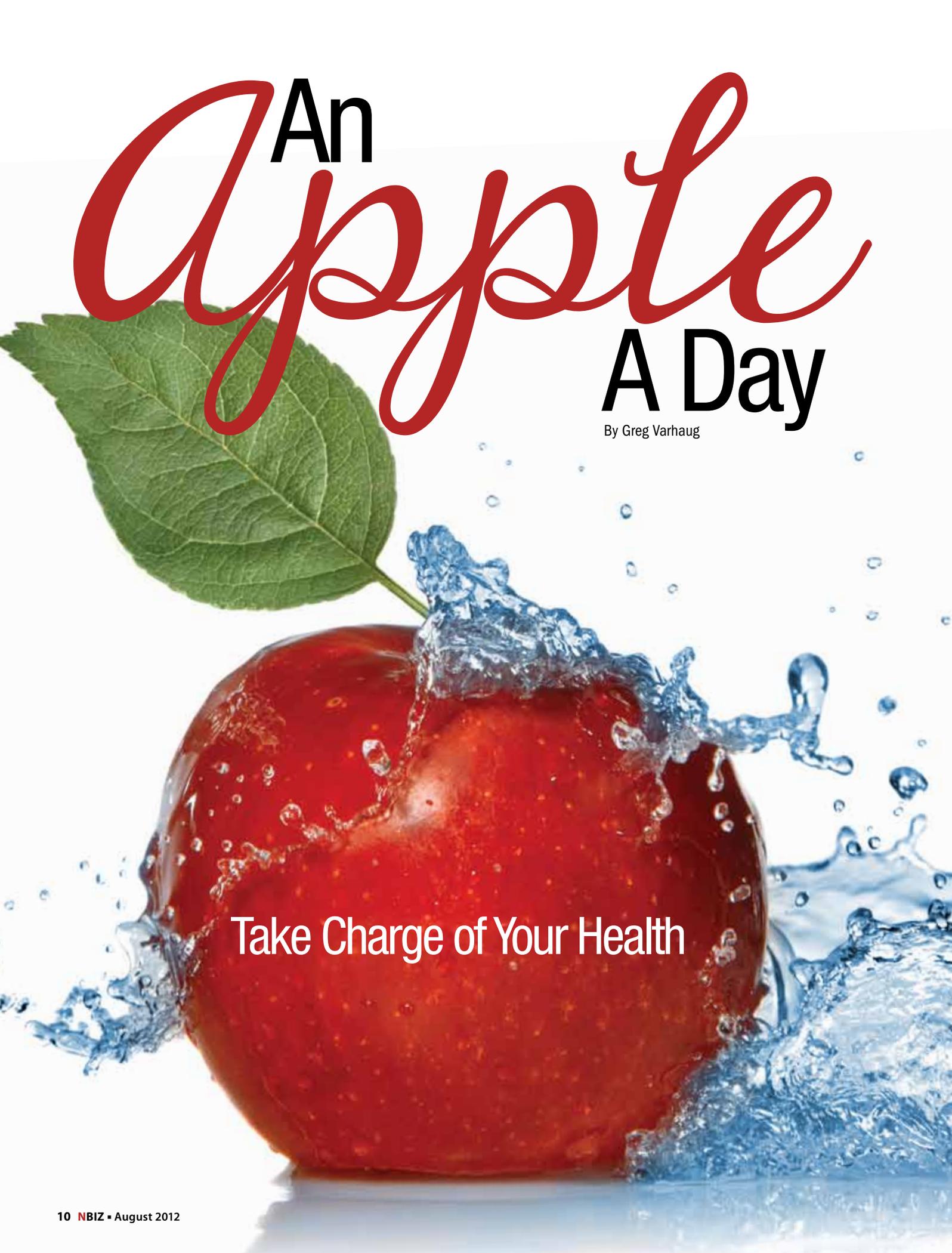
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An *Apple* A Day

By Greg Varhaug

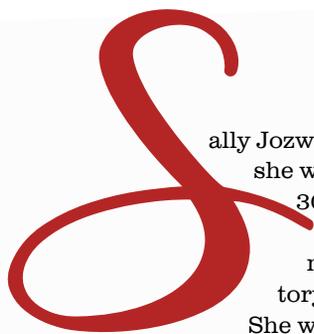
Take Charge of Your Health

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Sally knew it was time to get serious about her health. A resident of New York, she was fortunate because, at the time, New York state law required the state to pay for a nutritionist consultation if a physician said you needed to lose weight.

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to the present day. “I continue to use the tools [the nutritionist] gave me, especially when I do fall off the wagon and gain a few pounds. I say, ‘OK, let’s go back to the tools you have.’” The path she chose eventually led her to become a personal trainer herself.

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But we can get a better handle on the situation. It’s not rocket science. We understand the relationship between height and body weight. Many of us know our body mass index (BMI). We know that smoking is unhealthy. And in some ways, it’s getting easier to make more health-conscious decisions. Today, every burger chain has at least a couple of salads





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Turner works on site with a number of companies, offering massage therapy to employees as a form of stress management. They call it a "stress break." For her treatments, she uses the face-down massage chairs that have become popular in shopping malls. According to Turner, "A 15-minute chair massage boosts the immune system, calms the sympathetic and the parasympathetic nervous systems, and releases those 'feel-good' hormones into the bloodstream."

Turner states, "Something as simple as a 15-minute chair massage has other benefits, like reducing accidents and lowering blood pressure. Studies have shown that in companies with 500 employees or more, massage breaks lower workman's comp claims, reduce absenteeism, and boost morale." She says that chair massages can also alleviate other ailments, like migraines and sinus problems.

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Turner points out that there are other things you can do to achieve some of the same benefits. "I believe

in meditation and deep breathing. You can do it sitting at your desk. You want to try to quiet everything, quiet the self-talk going on inside the mind all the time. Take the time to get into the present." Turner also emphasizes the importance of getting enough sleep. And for people who spend a lot of time at a desk, she stresses the importance of taking regular breaks.

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Personalized Wellness Programs – Making it Fun. What does have a measurable effect on employee behaviors is personal interaction. "We've invested a lot of capital in developing, believe it or not, games." Insurance companies are now in the business of marketing "fun." Some games have taken the form of company-wide challenges. More recently, they've developed interactive games for the iPhone.

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It’s easy to incorporate yoga techniques into your workday. Many yoga exercises can be performed from a standing position, and you can even perform many poses while sitting in your chair. If you have a place where you can sit or lie on the ground, you can do still more exercises. Yoga is probably one of the most beneficial and least disruptive activities you can perform in your cubicle.

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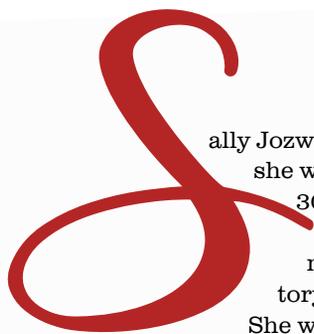
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