Volume 2, Issue 12

December 2007

(517) 780- 6002

The Pulse

This is a monthly newsletter distributed by Work-Fit ®

GET IN ON THE GRIDIRON

A new incentive contest has started at Work-Fit and we are playing football!! First randomly choose your starting field position from cards. Every time you come workout for longer than one half hour you gain 5 yards. The goal is to score a touchdown. Once a week you can do a bonus activity for extra yardage. There will also be a "4th Down Day" once a week where you choose card to gain yardage or get penalized and lose yardage. Once you score a touchdown you win a prize of your choice! Each facilities' employees' clubs have also donated money to be split by their winners.

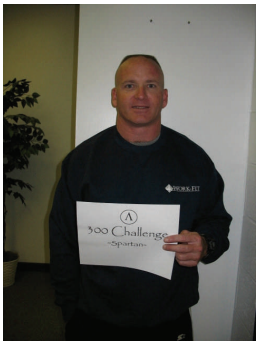
The contest runs from December 3rd to December 28th.

Come join the fun on the field today!!

WORK-FIT® 300 Challenge

There is a new ongoing contest at Work-Fit. It is based on the "right of passage" fitness test that the cast of the movie, "The 300," went through before they began filming. The challenge includes pull-ups, deadlifts, pushups, box jumps, an abdominal exercise called a floor wiper and a clean and press with a kettlebell. This sounds like a daunting task, and is, but we have modified the test for different abilities. There is a beginner level, Artemis; intermediate level, Leonidas; and the advanced level (what the actors did), Spartan. Come see if you can beat the limits of history with this challenging fitness test!

THE FOLLOWING EMPLOYEES HAVE COMPLETED THE 300 CHALLENGE Λ



Craig Radala- SMT, was the first to complete the 300 Challenge: Spartan Level.

Spartan

Craig Radala - SMT
John Bostic - Ret
Mike Arnett - RGC

Artemis

Vicki Huscio - PJK
Terri Burger - RGC
Jamie Brockwell - SMT

Need some help with ergonomics for your workspace? Call and schedule an ergonomic assessment. Also stop by to pick up an Ergonomics brochure, highlighting proper guidelines for workspace set up.

Contact us at:
Work-Fit® MDOC
Injury Care Program: Health and Fitness Program

Monday - Friday
0530 - 1930

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5 Tips to Prevent Colds and The Flu, the "Natural" Way

#1 Wash your hands- Most colds and flu viruses are spread by direct contact and can live for hours, even weeks.

#2 Don't touch your face– Viruses enter your body through the eyes, nose or mouth.. Not touching your face limits the number of germs that can get you sick.

#3 Don't cover your sneezes and coughs with your hands– This is an easy way to spread germs via your hands. Either use a tissue, the crook of your elbow or turn your head away from people and cough in the air.

#4 Don't Smoke– Heavy smokers get more severe and frequent colds. Smoke dries out your nasal passages and paralyzes the small hairs that sweep cold and flu viruses out of nasal passages. One cigarette can paralyze them 30-40 minutes

#5 Drink plenty of fluid– Water flushes your system as it rehydrates you. A typical healthy adults needs about 1/2 their body weight in ounces of water per day. So if you weight 200 pounds, you would need 100 ounces of water per day.

Financial Tips for a less stressful Holiday

1. Develop a plan and stick to it

Know what you are going to do before you go out – yes, this means budget out what you are going to spend per person, on paper, before you even hit the stores and start foaming at the mouth. Have an idea of what you are going to buy and about how much you are willing to spend. But the big thing is to have a plan. If you don't have a plan, you end up going shopping and to quote Dave Ramsey, you end up looking like Gomer Pyle on valium.

2. Use cash

- *This is a surefire way to prevent a heart attack in January when you get the credit card bill and then look to that AWESOME – I JUST HAVE TO HAVE IT toy you bought your kid and see it already collecting dust AND you still owe on it*
- *Studies show that you spend anywhere from 12 to 45% more when using plastic as opposed to cash*
- *People laugh at our envelopes but they work – Stores don't accept empty envelopes in lieu of money so when the money is done, the shopping is done.*

3. Stop when you run out

This is called discipline and if you want to have any level of success financially, it requires discipline. When the money runs out, keep the plastic in your wallet and have enough intestinal fortitude to walk away and you'll spare yourself some pain later on.

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Work-Fit - Building a Healthier Workforce!

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Work-Fit®

Taking a proactive team approach to meet your workplace prevention, fitness, wellness, and rehabilitation needs.

The U.S. Department of Health and Human Services reported in 2006 that the United States spends a larger share of Gross Domestic Product (GDP) on health care than any other major industrialized country. Despite improvements in workplace safety practices, preventable injuries continue to occur. These issues have dramatically impacted the ability of US companies to compete in the global marketplace. Work-Fit® provides innovative prevention processes that integrate allied healthcare professionals with the client. Our professionals have a proven track record of demonstrating positive Return-on-Investment (ROI) that can be directly linked to a client's business performance.

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