

# Stress in the Workplace

Presented by

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# Accidents w/in last year

- Contusions (bruises)-8
- Electric Shock-1
- Laceration (cuts)-4
- Puncture (stick thru skin)-1
- Sprain (damage to tendon)-5
- Strain damage to muscle)-5

# Why

- Slips/Trips
- Relaxed/Tired
- Failure to take breaks
- Taking work home
- Lack of external environments
- Diet and exercise

# Available PE Courses

- Water Aerobics – WOW staff
- Archery – Paul Bray
- Self Defense – Janine Moore
- Body Sculpting – Debbie Wojahn
- Weight Training – Rick Cudworth, Nancy Hunter
- Step Aerobics – Kristen Anderson, Ginny Lightsey-Ceehorne
- Aerobics and fitness Walking – Kristen Anderson
- Tai Chi – Kris Hungenberg
- Pilates – Kristen Anderson, Debbie Wojahn
- Martial Arts – James Holtz, JR Matero, Mike Mesa
- Yoga – Chrissie Samuel, Edie Trowbridge
- Cardio Kickboxing – Jenny Brown
- Zumba – Shelly Ray Parsons, Erica Koehler
- Hip Hop Dance – Erica Koehler
- Country Swing and Ballroom Dance – Ruby Reynolds
- Belly Dance – Cori Gimlin-Mundy
- Golf – Mike Maestas
- Racquetball – Jarel Fiel, George Colgate
- Volleyball – Monica Moellering

# Diet

- More than just eating healthy
- Water, water, water 8-12 glasses a day
- Fruits (at least 2 a day, fresh, frozen, dried)
- Veggies (multiple colors, can't eat enough)
- Grains (3 oz/day) bread, cereal, rice, pasta
- Milk (low fat or fat free, alt calcium)
- Meat (fish, beans, peas, nuts, seeds, lean)
- Omega 3 Fats (fish, nuts, veg oil)
- Tea over coffee, specifically Green tea

# Other ideas

- Reading
- Civic involvement
- Volunteering
- Gardening
- Outdoor activities (COLORADO IS A GREAT PLACE TO LIVE!!!)
- Walking briskly for 30-60 minutes, 3-5 times/week