



**McCLURE NELSON
& ASSOCIATES**
CREATING A CULTURE OF WELLNESS



banpac
Bay Area Nutrition &
Physical Activity Collaborative

You've Got to Move It, Move It!

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The Movement Culture Continuum

No Wellness Culture

Some Culture

Strong Wellness Culture



Promotes
lock and chain



Promotes
Movement



Rewards
Movement

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Exercise At Work Stats

- ▶ 48% of Employees feel more constructive after 30 min walk during lunch.
- ▶ 15% manage to leave the office every day.
- ▶ 20% do the right amount of exercise.
- ▶ 62% Struggle to fit exercise into workweek.



PPP Healthcare, 2011

AUNT Venna's Top 4



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Smell the Wall

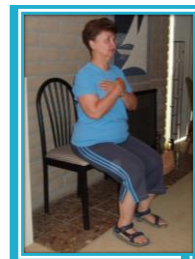
- ▶ Place your hands on the wall, arm distance away
- ▶ Hands are shoulder width apart
- ▶ Hands are shoulder height
- ▶ Feet are hip width apart
- ▶ 2 sets, 10 - 20 reps



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Pot Squat

- ▶ Sit at edge of chair
- ▶ Position feet hip width apart
- ▶ Cross arms & tuck your tummy
- ▶ Stand straight up without locking knees
- ▶ Sit back down at edge of chair
- ▶ 2 Sets, 10-20 Reps



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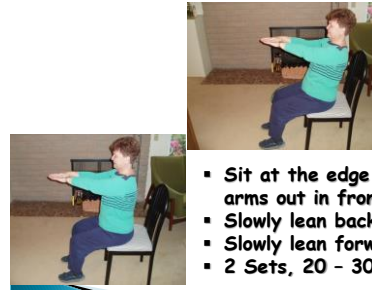
Hear Yee Hear Yee

- ▶ Sit at edge of chair
- ▶ Hands to your ears
- ▶ Position feet hip width apart
- ▶ Drop your right elbow to your right knee
- ▶ Return to upright position
- ▶ Drop your left elbow to your left knee
- ▶ 2 Sets, 10-20 Reps



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Seated Crunches



- Sit at the edge of the chair with arms out in front.
- Slowly lean back
- Slowly lean forward
- 2 Sets, 20 - 30 Reps

6

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The Best Movement Policy

Encourage
Physical Activity
Throughout the
Employee's Workday.



Because of the wellness programs/services/policies that exists at my company:

I am more likely to drink 8 or more cups of water per day.

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

I am more likely to eat 5 or more servings of fruits and vegetables each day

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

I am more likely to get 30 minutes or more of moderate physical activity each day

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

I am more likely to get 7 - 9 hours of sleep per night.

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

I experience LESS work-related stress.

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

- ✓ Stand up and move every time the person needs to get some water.
- ✓ After using the restroom, take the scenic route back to your desk.
- ✓ Always stand and/or walk around room when talking on the telephone.
- ✓ Build or buy standing workstation.
- ✓ Consider doing a 5-minute walk break with every water break.
- ✓ Don't email office colleagues; walk to their desks to communicate with them.

Your Turn!

