



The  
Solutions  
Group

**Making Great Companies  
Better Places to Work**

# Work & Well-being

May 2017



Mental Health Month

National Anxiety & Depression  
Awareness Week (May 7-13)

[National Bike to Work Day  
\(May 19\)](#)

Arthritis Awareness

Employee Health & Fitness

National Skin Cancer Detection  
& Prevention

National Celiac Disease  
Awareness

National High Blood Pressure  
Education

National Osteoporosis  
Awareness & Prevention



## Physical Activity: **How Much is Enough?**

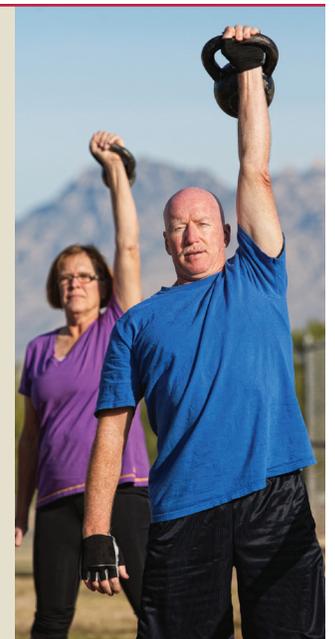
Physical activity enhances your personal well-being by improving your physical, mental, social, spiritual and fiscal health. But how much exercise is the right amount? It depends. If you're just getting started with an exercise routine or looking for simple ways to stay active throughout the day, consider following the U.S. Surgeon General's guidelines, which recommend that you accumulate 30 minutes of moderate intensity physical activity (walking, climbing stairs, vacuuming, yard work) on most days. These "bursts" of exercise can be done in two 15-minute bouts, three 10-minute bouts, or one 30-minute bout.

If you already have an established exercise regimen or are ready for a more intense approach, the American College of Sports Medicine recommends 20 to 60 minutes of continuous aerobic activity three to five times a week, plus resistance training two to three days a week. Ideally, resistance training would include one set of eight to 10 exercises for major muscle groups.

No matter what approach you take, there are many benefits to being active. Something as simple as a mid-day walk can help you feel more energetic, have a clearer head and sharper focus, and raise your overall awareness of your personal health.

### 5 Reasons to be Active

1. Regular physical activity lowers your risk for many chronic diseases.
2. Aerobic exercise or a combination of aerobic and muscle-strengthening activities can:
  - a. Lower your risk of depression and help you manage it
  - b. Help keep your thinking, learning and judgment skills sharp as you age
  - c. Help prevent or treat osteoporosis
3. Exercise with others can improve your social life by helping build and maintain healthy relationships and help you feel accountable.
4. Activities like yoga and tai chi can help promote a sense of inner peace and connection with your surroundings.
5. A stronger immune system can help you avoid the medical costs of getting sick and having to take time off from work.



## Work & Well-being

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### Health Tip

People who are physically active for about 7 hours per week have a **40% lower risk of dying early** than those who are active for less than 30 minutes per week.



## Raising Awareness About **Workplace Depression**

The World Health Organization recently announced that depression is the No. 1 cause of illness and disability worldwide, affecting more than 300 million people. In the United States, more than 16 million people experienced at least one depressive episode in the past year, according to the National Institute of Mental Health.

May is Mental Health Month and a good time to check out a

program called [The Right Direction for Me](#), specifically designed to raise awareness about stress and depression in the workplace. The program offers employees information about how to get help and demystifies the symptoms and treatments. Signposts on the site allow users to download and answer a Depression Screening Tool, explore common symptoms, and understand what depression looks like to co-workers.

Depression affects every aspect of a person's life, including work performance and productivity. Studies show that mental illnesses like depression cause more days of work loss and work impairment than any other chronic health condition, including arthritis, asthma, back pain, diabetes, hypertension and heart disease. For more information, visit [The Solutions Group website](#).

## Save a Life: **Donate Blood**



Every two seconds, someone in the United States needs donated blood. On average, this means more than 41,000 blood donations are needed every day throughout the country.

Donating blood doesn't take long. The actual blood donation typically

takes 10 to 12 minutes. The entire process, from the time you arrive at the blood bank or drive until the time you leave (including the juice and cookies/crackers afterward), takes about an hour and 15 minutes. For every pint of blood donated, up to three lives can be saved.

You don't have to wait for a special blood drive to donate. You can give any time. For more information, go to the [American Red Cross website](#). To create your own virtual blood drive in honor of a special occasion or person, check out <https://sleevesup.redcrossblood.org/>.

Source: *American Red Cross*



## May 19: **Ride Your Bike to Work Day**

Spring has sprung, which means it's time to gear up for National Bike to Work Day on Friday, May 19. Launched in 1955 by the [League of American Bicyclists](#), Bike to Work Day promotes cycling as a healthy and safe way to travel to work. The annual event, which includes a variety of bicycle-related events throughout communities nationwide, takes place on the third Friday of May.

If you plan to participate in ABQ Bike to Work Day, check out any of the [Bike to Work Stops](#) for complimentary coffee, food, t-shirts and cycling gear.

### Words on Wellness

In [this month's blog](#), Presbyterian Healthcare Services Wellness Ambassador Kelly Baker shares the challenges of living with Lyme Disease and how making wellness a priority has played a key role in helping her cope.