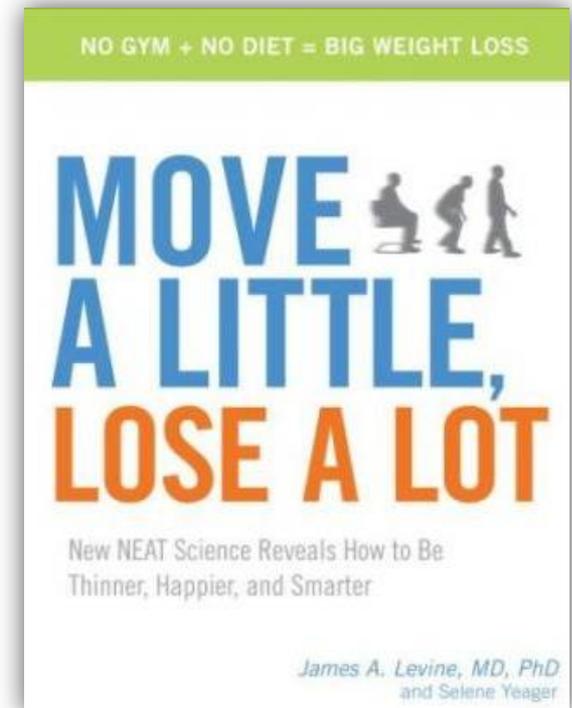


Why Worksite Wellness?

- 40+ waking hours per week at work
- We eat 1/3 of our meals at work
- 29% workers report they feel “quite a bit or extremely stressed at work.” (Yale University)
- < 20% of occupations require at least moderate intensity physical activity today (Church et al, 2011)

Exercise vs NEAT

- Sitting 6+ hours per day makes you up to 40% likelier to die within 15 years than someone who sits less than 3; even if you exercise. (medicalbillingandcoding.org)
- Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health (University of Queensland study, 2009)



Support at all Levels



Dedicated Staff to Lead



What Wellness Champions are Saying

“I feel over this past year I have gained momentum in their interest by making changes myself and being an example.”

“Given my coworkers the opportunity to see that you can fit exercise in your daily routine....and opened their eyes to the DAHLC and all it offers.”

“I offered myself up as a resource for wellness, and reluctantly I say, a role model for others by routinely walking during breaks, and eating healthy.”

“I have been a resource and dependable friend. One who encourages co-workers no matter what fitness level they are at. I am very understanding of the barriers to wellness and what it takes to break through and see personal success.”

“Teamwork around wellness spills over to teamwork around patient care.”

“Nursing staff seems happier and in better spirits.”

Of those in direct patient care, **54%** of Wellness Champions have seen a positive impact for patient care and the patient experience since having a Wellness Champion in their area.

“Not as many employees calling in so never short staffed.”

“When the staff are happier/ healthier, we interact better with our research participants.”