

Restore your Work Wellness

January 1, 2023

Welcome to 2023! I invite you to make a Mindshift.

Mindshift #1

- Replace the word “Chronic” with Controlled.
- Chronic can lead us to be passive or inactive in our health.
- Controlled empowers us to learn and to take action.
- Better outcomes achieved.
- Example: “I have controlled diabetes,” is more empowering than: “I have chronic high blood sugars”.
- Learn how changing your thoughts (perceptions) improves your actions (projections).

Physical activity and exercise are not “all-or-nothing”. Results are achieved with intention, consistency, and the appropriate amount of intensity.



Even the smallest of steps can add up to long distances.

Mindshift #2

If you made a commitment to exercise 5 days a week for an hour, and are not meeting your goals, you may be feeling discouraged or tempted to give up. I challenge you to change your mindset. A missed fitness class or training session doesn't mean you chose to be unhealthy. Find an opportunity to move even if it's for 5 minutes. Avoid falling victim to circumstance and make a choice to practice accountability.

Be proud of your accomplishments and always acknowledge what you were able to do at the end each day for self care and improved well-being.



Ann Marie Roettger MS, ACSM-CES

“You may feel like you have to choose between your worklife and your wellness, Be proactive and learn to harmonize both aspects of your well-being. Make physical activity a non-negotiable part of your life.”

Mindshift #3

If time is your road block have you considered HIIT (High intensity interval training)?

Does not mean high impact.

Can be adapted in any setting or type of training program.

Small bouts of exercise followed by a shorter duration of less intense movement.

Example 1: 30 seconds of brisk marching (high intensity) in place followed by 10 seconds of gentle slower steps (recovery). Repeat 4 times.

Example 2: 20 seconds of chair squats (high intensity) followed by 5 seconds of stillness. (recovery) Repeat 4 times.

Benefits to enjoy include: Better sleep, increased energy, and metabolism. Consequently, this increases your bandwidth for more time for family, friends, and your work.

We are here to help you restore your workplace wellness.

If you can move..... You should.

Healthy Regards,

Your Corporate Health Team