

# **MAJOR PROGRAM POINTS**

## **"FITNESS AND WELLNESS"**

**Part of the "GENERAL SAFETY SERIES"**

**Quality Safety and Health Products, for Today...and Tomorrow**

# Outline of Major Points Covered in the "Fitness and Wellness" Course

The following outline summarizes the major points of information presented in the Course on Fitness and Wellness. The outline can be used to survey the Course before taking it on a computer, as well as to review the Course when a computer is not available.

- **As a normal part of life we often develop a number of bad "Fitness and Wellness" habits, such as:**
  - Smoking.
  - Increased caffeine consumption.
  - Long hours and inadequate sleep.
  - Excess alcohol consumption.
  - An unbalanced diet.
  - Lack of exercise.
- **While any one "bad habit" can be detrimental, combinations of these bad habits can have severe consequences, like:**
  - Increased blood pressure.
  - Ulcers.
  - A stroke.
- **Paying attention to fitness and wellness is extremely important.**
  - This generally calls for simple lifestyle changes.
  - It can also reduce your chances of getting sick.
- **Lifestyle habits that are bad for us are generally called "Negative Lifestyle Factors." They include:**
  - Smoking.
  - Overeating.
  - Suffering from stress.
- **Negative lifestyle factors contribute to increasing our "Personal Health Risk", which can result in:**
  - An increased susceptibility to illness.
  - A lack of energy.

- **Small changes in our lifestyle can produce significant benefits.**
  - Better wellness is a gradual process.
  - It is best approached "one step at a time."
- **Cigarette smoking is one of the most dangerous health behavior risks, and:**
  - Contributes to heart disease.
  - Can cause emphysema.
  - Gives rise to lung and other cancers.
  - Is especially dangerous if you're pregnant.
- **Most smokers have, at some time, thought about quitting.**
  - Stopping all at once ("cold turkey") is difficult.
  - Most people choose to gradually taper off.
  - You should pick a "target date" to quit.
- **A good "smoking cessation program" requires a knowledge of when and why we smoke.**
  - It is often helpful to record these behaviors.
- **We need to "unlink" specific behaviors and smoking.**
  - For instance, instead of having a cigarette with your morning coffee, try orange juice.
  - Instead of smoking after meals, try chewing gum.
- **Focus on cutting back by a few cigarettes a day.**
  - It is sometimes helpful to work with a friend who is also trying to quit.
  - Local chapters of the American Cancer Society and American Lung Association have good information on how to quit.
- **Excess alcohol consumption can also be a real problem.**
  - Drinking in moderation generally isn't a problem.
  - But we need to make sure that we control alcohol before it controls us.

- **Excess alcohol consumption can cause significant health problems, because alcohol is toxic. They include:**
  - Liver damage.
  - Stomach problems.
  - Brain cell damage.
- **Long-term alcohol abuse can lead to psychological problems, such as:**
  - Depression.
  - "Withdrawal" from social interactions.
  - Self-destructive and violent urges.
- **The most important thing to know about alcohol consumption is your personal "limit."**
  - You need to stop before it starts to effect your "senses."
- **Like smoking, the key to decreasing alcohol consumption is changing behaviors.**
  - At parties switch to non-alcoholic beverages.
  - Resist peer pressure.
  - Don't use alcohol before driving.
- **The use of drugs, even over-the-counter and prescription varieties, can also be a problem.**
  - Always read a drug's label.
  - Follow the directions regarding consumption.
- **Drugs can mix with other drugs or alcohol and cause detrimental side effects, including:**
  - Drowsiness.
  - Slowness of reactions.
  - Lethargy.
- **Illegal drugs can also cause big problems.**
  - They often make us feel better temporarily.
  - These "euphoric" feelings generally disappear quickly.
- **For most users of illegal drugs they are an "escape" from reality.**

- **Drug and alcohol problems affect everyone around us.**
  - Friends.
  - Family.
  - Coworkers.
  
- **There are a number of sources of assistance for drug users:**
  - Company employee assistance programs.
  - Human Services (check the phone book).
  - Friends and family.
  
- **Stress can be another major health problem.**
  - Some stress is a normal part of everyday life.
  - But we have to guard against letting it get out of hand.
  
- **Excess stress can cause a number of problems. It can:**
  - Make it difficult to relax and think clearly.
  - Cause high blood pressure and stomach ulcers.
  - Lead to emotional illness.
  - Cause back and muscle problems.
  - Even contribute to heart disease.
  
- **Taking time to relax is key to stress-reduction.**
  - Practice deep-breathing exercises.
  - Stretching exercises also help.
  - Taking time to "have fun" in life is key.
  - Sometimes professional counseling is necessary.
  
- **High blood pressure is an especially important topic.**
  - It can also be stress-related.
  - Many times it has no sure set of symptoms.
  - It can have disastrous results, including blindness, stroke or kidney failure.
  
- **High blood pressure can be hereditary.**
  - Check to see if your parents experience it.
  - Black people are at increased risk.
  - Overweight people are also more susceptible.
  - Even young people can get it.

- **The best way to combat high blood pressure is through early detection and treatment.**
  - Using less salt is helpful.
  - Increased exercise is also good.
  - Losing excess pounds is important.
  - Frequent monitoring of your blood pressure is a must.
  
- **Maintaining a proper and nutritious diet is also important to wellness and fitness.**
  - Avoid high cholesterol and saturated fats (red meats and whole milk products).
  - Substitute lean meats, poultry and fish.
  - Also use low-fat cheeses and milks.
  - Beans and similar foods are good "food alternatives", since they are protein-rich, as well as low in fat.
  
- **High fiber foods can be beneficial.**
  - They can reduce your chances of developing cancer.
  - Whole-grain breads and cereals are both good sources of fiber.
  - Fresh vegetables and fruits can also provide fiber.
  
- **Weight control is essential to fitness and wellness.**
  - Being overweight can increase the chances of heart disease and high blood pressure.
  
- **A "Weight Control Plan" is essential to weight reduction.**
  - Set a target for your weight loss (charts are available to help you).
  - Set reasonable, periodic goals (such as 1 or 2 pounds a week).
  - Generally avoid "crash" diets.
  
- **The key to most weight reduction is changing your "behavior patterns".**
  - Record your eating habits.
  - Replace "bad" patterns with "good" ones.
  - But make sure you have a general health evaluation before dieting.

- **Exercise goes hand-in-hand with dieting for weight control.**
  - It burns off calories to balance food intake.
  - It can also lower your risk of heart disease and stroke.
  
- **Preparation is important before exercising.**
  - Stretch before each session.
  - Do "warm-ups" that don't strain your body.
  
- **You can then move on to more vigorous, aerobic exercises, such as:**
  - Bicycling.
  - Running or fast walking.
  - Aerobic dancing.
  
- **Aerobic workouts get your heart pumping faster.**
  - To monitor yourself, locate your "target heart rate" on a rate chart.
  - Try to hit that rate for about 20 minutes.
  
- **It is important to work into an exercise program slowly.**
  - "Too much too soon" can wear you out.
  - Remember, you should have a physical before starting.
  
- **Wellness and fitness can have many benefits. It can:**
  - Decrease your chance of sickness.
  - Increase your energy and stamina.
  - Improve your sense of "well-being."