

PRESENTER'S GUIDE

"FITNESS AND WELLNESS"

Part of the General Safety Series

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

OUTLINE OF MAJOR PROGRAM POINTS

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The following outline summarizes the major points of information presented in the program. The outline can be used to review the program before conducting a classroom session, as well as in preparing to lead a class discussion about the program.

- **How would you like to give yourself more energy, boost your immunity to disease, lose weight, reduce stress and feel better about yourself?**
 - Sounds too good to be true, doesn't it?
 - But all of these are possible, and more.

- **This is what can happen when you build wellness and fitness into your life.**
 - That's something all of us can do.

- **Think about how you live.**
 - Do you take good care of yourself?
 - Do you eat right, and exercise?
 - Positive steps like these can lead directly to good fitness and wellness.

- **But there are steps backward to watch out for, too.**
 - These are the things that are bad for our health, like smoking, or allowing stress to build up in our lives.

- **They're called "negative lifestyle factors".**
 - They're "potholes" in the road to wellness.
 - Hitting these potholes by falling into bad habits increases our personal health risks.

- **One negative factor, such as smoking, is bad enough.**
 - But when you add a second risky behavior, such as a bad diet, your problems can multiply!
 - To get a true picture of our "wellness level", each of us needs to tally up our own personal health risks, then work to eliminate them.

- **Remember that battling any problems that you identify will often be a gradual process.**
 - Don't expect to shake all your bad habits, or to build up all the good ones, overnight.
 - Instead, work to reduce risk factors and improve your behaviors a little at a time.

- **Once you get started, you'll begin to feel better, and you'll decrease your chances of serious health problems.**

- **To get healthy, and stay that way, you need to eat right.**
 - Basically, all those things you've heard since grade school about needing to eat "well balanced meals" are true.
 - Diet and nutrition are like the "guard rails" on the road to being fit and well. They keep you on course.

- **So cut down on red meat and heavy milk products.**
 - They're full of saturated fats, which can set up "roadblocks" in your arteries and cause heart disease.
 - Eat more poultry, fish, and low fat cheese instead, and drink one or two-percent milk.

- **Did you know that beans are both rich in protein and low in fat?**
 - When done up right, they can be a delicious substitute for red meat.
 - Give them a try.

- **You should also eat whole grain breads and cereals.**
 - They are richer in nutrients as well as fiber.

- **Fresh fruits and vegetables are also important.**

- **A healthy diet can also help keep your weight down.**
 - Being overweight "ups" your chances of heart disease and high blood pressure.
 - These are two problems you can do without!

- **If you are carrying around too many pounds, put together a weight control plan.**
 - First, think about how you would like to look.
 - Thinking about the "future you" gives you something to shoot for, and it's great for motivating yourself.

- **Visit your doctor for a physical, and find out just how much weight he feels you should lose.**
 - Then set reasonable goals for yourself.
 - Losing one or two pounds a week should be do-able.

- **When you lose that extra weight, you want to keep it off.**
 - So stay away from crazy crash diets.
 - The pounds you lose on those programs often come right back.
 - Work instead to cut out your bad habits, and make healthier eating a permanent part of your life.

- **Get a notebook and write down what you eat and when you eat it.**
 - Are you taking in too much fatty food?
 - How about snacking between meals?
 - Work to eliminate bad habits and replace them with good ones.

- **Of course, there's more to a healthy body than watching what you eat.**
 - Diets alone won't get you fit!

- **To stay on the road to wellness, you have to exercise.**
 - Not only do you need to burn off the calories you take in, you need to tone those muscles and increase your stamina.
 - There are other benefits to exercise as well.
 - A good exercise program can dramatically lower your risk of heart disease and stroke.

- **Remember to begin every exercise session with stretching.**
 - Do some light warm-ups to prevent yourself from straining a muscle or ligament.
- **Once you're loosened up, you can move on to some aerobic exercise.**
 - Ride a bike.
 - Go for a run.
 - Even fast walking will do it.
- **This gets your heart pumping faster, which helps to condition both it and your lungs.**
- **Consult a chart to find out how high you can safely get your heart-rate, and try to get close to that level.**
 - This will help you get the full benefit from your workout.
 - But be sure to pace yourself.
 - Don't try to do too much right off the bat.
- **There are other benefits from working out as well.**
 - A good program will not only keep your heart going strong, it can help to lower your blood pressure too!
 - Exercising can also give you a more positive self-image, and that can give you the strength to overcome any other challenges you may encounter along the road to fitness and wellness.
- **Another key to wellness is managing stress.**
 - Stress is easy to find but hard to get rid of.
 - Many people see stress as a normal part of their job or home life, so they just accept it.
 - Stress is normal, but only in small doses.

- **Too much stress can make it hard for us to relax and think clearly.**
 - It can bring on emotional problems.
 - It can even cause physical ailments, like high blood pressure, back and muscle pain, and ulcers.

- **When stress threatens to run us "off the road" to wellness, it's high time to take action to relieve it.**
 - What we have to do is learn to "bleed off" our stress before it does any damage.

- **A great way to do this is through deep breathing exercises.**
 - First, get comfortable.
 - Inhale deeply through your nose.
 - Then exhale slowly through your mouth.
 - Keep this up until the stress "drains" out of you.

- **Stretching exercises work in much the same way.**
 - They're great for relieving tension.

- **Here's an exercise for the upper back.**
 - Pull the wrist of one arm across to the opposite shoulder.
 - Hold it for a five count.
 - Then do the same with the other arm.

- **This exercise is for your neck and shoulders.**
 - Carefully turn your head to one side.
 - Hold it there for a three-count.
 - Then turn to the other side for another three.
 - Next, dip your chin down to your chest.
 - Then pull your head back.

- **Do these exercises occasionally throughout the day, or when you start feeling stiff and strained.**
 - They really can help!

- **You can also fight stress by taking time to enjoy life.**
 - Get active, go on outings, take up a sport.
 - Do something just for you!

- **If your stress is hard to shake, remember you don't have to do it by yourself.**
 - Seeing a professional counselor can help you to build the skills you need to handle stress successfully.

- **One health problem that often goes hand-in-hand with stress is high blood pressure.**
 - This is a "major league" problem that can lead to a stroke, kidney failure, even blindness.
 - The best way to fight it is through early detection, so make sure you get regular check-ups.

- **If your blood pressure is "up there", your doctor will probably ask you to make a few simple changes.**
 - He'll most likely tell you to get more exercise and use less salt on your food.
 - But remember, a healthy diet doesn't have to be bland!
 - Getting a little creative in the kitchen can be fun, and it definitely beats having a stroke or developing heart disease.

- **By now all of us have heard about the hazards of smoking, maybe the most dangerous of the negative lifestyle factors.**
 - Just take a look at the warning label on a pack of cigarettes.
 - Smokers risk heart disease, emphysema, lung and other cancers, and for women, problem pregnancies.

- **So how do we get off the "tobacco truck" and back on the road to wellness?**
 - Some people can go "cold turkey" and kick the habit all at once.
 - But most of us are better suited to tapering off a little at a time until we reach our quit date.

- **The first step is to get a handle on when and why we smoke.**
 - Is it always after meals, during breaks or in the car?
- **Write down the times, then work toward change.**
 - If having a morning cup of coffee makes you want a cigarette, drink something else, like juice or tea.
 - Rather than having an after-dinner cigarette, have a piece of chewing gum instead... while you take a walk around the block or play with the dog.
 - Before you know it, you'll be skipping a few "smokes" each day, and you'll be well on the way to quitting altogether.
- **If you stumble, don't give up.**
 - Get help if you need it.
 - Find a supportive friend who's going through the same thing and work together to quit.
- **Another health risk we all need to avoid is drinking too much alcohol.**
 - Take a look at a warning label on a bottle of liquor or a can of beer.
 - If that doesn't scare you, nothing will.
- **Drinking too much can lead to chronic liver and stomach problems.**
 - Brain cells can also be damaged, which can affect your ability to learn.
- **Alcohol is toxic.**
 - The "buzz" you feel is actually a form of poisoning.
 - That's why they call it "intoxication".
 - That's also where a hangover comes from.
- **If you're going to drink, an occasional drink or two every once in a while is probably okay, but any more than that is generally too much.**

- **If you find yourself having "too many", make a behavior change.**
 - When you're at a party and reach your limit, switch to juice, or club soda with a twist.
 - Don't let peer pressure change your mind!

- **Then there's drugs.**
 - Many prescription and even over-the-counter drugs can be dangerous.

- **With prescriptions, make sure to follow your doctor's instructions.**
 - Always read labels and printed directions.
 - Remember, many drugs cause drowsiness.
 - Some drugs can interact dangerously with other medicines and alcohol.

- **What can we say about illegal drugs?**
 - Simply that they're illegal for a reason.
 - They may give you a temporary "high", but they will always have significant physical and mental side-effects.
 - The "good" feeling is artificial and short-term, but the negative side effects sure aren't.

- **And remember, if you have a problem with drugs or alcohol, it affects the lives of everyone around you.**
 - If someone tries to help you, don't push them away.

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- **Your road to fitness and wellness starts from wherever you are right now.**

- **Identify your negative lifestyle factors and work to change them.**

- **Get organized by developing a plan of attack.**

- **Remember that a program of gradual change is usually best.**
- **Eat right, and get plenty of exercise.**
- **Manage stress. Don't let it manage you.**
- **Be aware of the dangers of tobacco, alcohol and drugs. Get help if you need it.**
- **Don't be discouraged if reaching your goals takes longer than you expected. Stick with it. Your efforts will pay off.**
- **You don't have to belong to some type of exclusive club to get on the road to wellness.**
- **Living healthier, being fitter and feeling better are things everyone can enjoy. All you have to do is want it, and take that first step!**