

# New Options for Wellness news



Stanford Linear Accelerator Center

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## What's Inside...

- ✿ Wellness Activities
- ✿ In 2005 be Healthy & Weight Wise
- ✿ TAKE CHARGE & Stomp out SMOKING
- ✿ Preventive Workplace Ergonomics-  
**LOOK, THINK, ACT**




## Weight Wise In 2005



Millions of Americans are fighting the battle against obesity, a health issue that can result in adverse or even fatal health outcomes. It also contributes to staggering health care costs and reduced workplace productivity. It is so important to remember that overweight and obesity go beyond individual lifestyle choices, but that everyone can work to address this problem both in the workplace and in the home. Here are some “common sense” suggestions:

- 1. Choose a lifestyle plan:** Find a program that focuses on strategies you can utilize long-term, not just while you are “on a diet”
- 2. Home is your safe haven:** Keep healthy, low-fat, low-sugar, easy food options in your home. A bowl of your favorite fresh fruit on a table makes it easy to have a healthy snack.
- 3. Keep “moving”:** Daily physical activity such as walking, cycling, climbing stairs along with *healthy eating is essential to long-term weight loss and maintenance*. Participate in an activity you enjoy. Check out SLAC’s wellness activities!
- 4. Strong initial weight loss:** Recent research has found that how well dieters do in the first two to four weeks predicts their success up to five years later.
- 5. Make a plan:** American media and fast food companies have lots of plans for you. Just say NO, and map out your plan to get a strong positive start.
- 6. Stress strategies:** Do deep breathing exercises and practice those techniques instead of reaching for food.
- 7. Make winning choices:** Simple substitutions are often the easiest way to cut calories. Drinking diet soda or water instead of a regular soda every day will save you 15+ pounds in a year. Eating a turkey sandwich with lettuce, tomato and mustard vs. a roast beef sandwich with mayonnaise & cheese just twice a week saves you another 15 pounds.

## Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
-  **Back Training:** Taught by HIP instructor on site. Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Pilates:** Taught by Kerry Spear & Mary O’Connell Mon. & Wed. 5:15-6:15PM in Bldg. 27 at SLAC. Classes run 1/3 – 3/23/05 Register at: <http://hip.stanford.edu>
- **Yoga:** Taught by Karen Berg Friday 12-1:00PM in Bldg. 27 at SLAC. Classes 1/7 – 3/25/05. <http://hip.stanford.edu>
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? [olga@SLAC.Stanford.EDU](mailto:olga@SLAC.Stanford.EDU)
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon Call Rafael Miranda x 4471 or Tu Ly x 4442.

8. **Drink healthy fluids:** Staying hydrated is important when you are losing weight, since your body will naturally lose water.
9. **Exercise with a Friend:** Studies show that people are often more successful when they exercise and lose weight with a friend or group.
10. **Read food labels and keep records:** Track your progress with records they help you stay accountable to your plan and reinforce your success.

## TAKE CHARGE and Stomp out Smoking!



[California Smokers'](#) helpline is a FREE telephone program that can help you quit smoking. Call 1-800-NO-BUTTS. The telephone hours are:

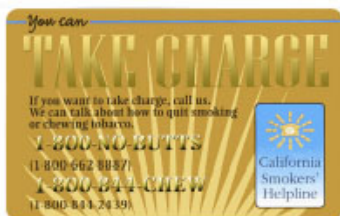
Monday – Friday 7am – 9pm

Saturday 9am – 1pm

If you call after hours or if the lines are busy, you will reach the Helpline's 24 hour voice mail service. For those living outside of California, please call 1-800-QUIT-NOW and you will be connected with your local quitline. The phone services are available in six languages and for hearing impaired. Stop by Medical department and get your TAKE CHARGE Gold Card for you or any smoker you know. Why quit you ask.....

- Smoking harms nearly every organ of your body
- It causes diseases and worsens your health
- Quitting smoking has many benefits:
  - 1.) Lowers your risk for stroke, heart disease, lung, bladder, cervical, mouth, throat, esophagus cancers and peripheral artery disease
  - 2.) Gain 13 to 14 years of life
- Would never say it's easy, but there are doctor's, telephone quitlines and group programs to help you learn new skills and behaviors

TAKE CHARGE and join in with The Surgeon General, California Smokers' Helpline, and the Regents of University of California to make a change for the HEALTH of it!!!



## Preventive Workplace Ergonomics:

**LOOK**

**THINK**

**ACT**



**Preventive ergonomics** needs to encompass all job tasks within a company or institution; from office computer workers to jobs that require a wide range of musculoskeletal activities.

**Overexertion** is the leading workplace injury and has remained there for the past four years! The second and third top injuries are **falls** and **repetitive motion** respectively.

**Overexertion** can be prevented through:

- Evaluating production and storage methods to reduce excessive reaching, bending, pushing, pulling, lifting, loading and unloading.
- Use of mechanical lifting aids, such as hoists or adjustable lift tables, to reduce the need to bend, reach and twist. Use of carts, tables or other devices to move and position heavy objects.
- Design jobs to allow sufficient rest pauses or stretching.

**Falls** prevention strategies:

- Provide adequate lighting for all interior and exterior walking surfaces
- Keep floors free of holes, water, grease and other potential fall hazards.
- Use appropriate ladders and regularly inspect
- Highlight transitions in floor height
- Use mechanical material handling device to access higher levels
- Use footwear with adequate tread, sole and arch support

**Repetitive motion** prevention through:

- Alternate tasks
- Stretch breaks
- Sit/Stand chairs or workstations
- Use the right tool for the job and grip objects correctly
- Maintain proper posture
- Take care of yourself--eat well, exercise and get enough sleep
- Pay attention to symptoms early

Take home point from a famous quote: "An ounce of prevention is worth a pound of cure. It's more prudent to head off a disaster beforehand than to deal with it after it occurs." As always to your Health.....

New Options for Wellness (NOW) News is published bimonthly by the SLAC Medical Department to give you recent medical and wellness information, health-related seminars, workshops, and events. We continuously strive to improve and deliver pertinent programs to the SLAC community. *Your feedback and suggestions on our newsletter are welcome at MS 25 or email [rmbycycle@slac.stanford.edu](mailto:rmbycycle@slac.stanford.edu).* Written and edited: M. Gherman M.D, MPH; R. Blandino PA-C; S. Aguilar M.A.; V. Valencia M.A.