

**KATHY  SMITH**  
YOUR LEADER IN TOTAL FITNESS™

# Recipe for a Healthier Workplace





# MUSCLE FACT:

## Weight Maintenance

- 1 pound of muscle burns approximately 35 to 50 calories a day.
- 1 pound of fat burns only 3 to 5 calories.
- Muscle burns calories . . . Fat stores them.



## MUSCLE FACT:

### Bone Density

- Weight-bearing exercise maintains or even increases bone mass.



## MUSCLE FACT:

### Diabetes

- Adults who exercise 2.5 hours per week cut their risk of Type 2 Diabetes by **58%**.



## MUSCLE FACT:

### Arthritis

- Exercise keeps the muscles around affected areas, decreasing bone loss and controlling joint swelling and pain.



# MUSCLE FACT:

## Balance

- Falls account for nearly 14,000 deaths and 1.8 million emergency room visits annually.
  - \$19 billion is spent annually due to hip fractures, head trauma, etc.
- Studies show that regular balance/strength training reduces incidence of falls by 46% (*Weerdesteyn, Gero, 2006*).



## MUSCLE FACT:

### Heart Health

- Resistance training helps you lose **visceral fat** - the kind that is most dangerous to cardiovascular health.
- Aerobic training reduces risk of **coronary heart disease**.



## MUSCLE FACT:

### Back Pain & Posture

In the absence of red flags like trauma, loss of bladder or bowel control, weakness in leg, etc., back pain will resolve faster with an increase in activity, rather than bed rest  
*(Royal College of General Practitioners, 1997).*



# MUSCLE FACT:

## More Muscle Benefits

- Functional Movement for Everyday Living
- Preventing Incontinence
- Improving Sexual Function
- Improving State of Mind
- Looking Good in Your Bathing Suit!



# MUSCLE MYTHS:

## Exercise

- 1) You need weights to weight train.
- 2) Strength training is about lifting weights.
- 3) You'll develop big, bulky muscles if you strength train.
- 4) Muscles grow while you're working out.
- 5) One move at a time.
- 6) Faster is better.
- 7) Walking is for wimps.



# MUSCLE MYTHS:

## Food

- 1) All calories are created equal.
- 2) Don't snack! Stick to 3 square meals a day.
- 3) Avoid all carbohydrates.
- 4) The most important supplement for bone health is Calcium.
- 5) To lose fat, you must avoid fat.



# LEAD FROM THE TOP:

- CEO should approve program
- Get top execs and department heads involved
- Lead by example
- Make program part of the community, not a mandate from above
- Build activity into the work day



# TAKE THE FIRST STEP:

- Participate in local charitable runs/walks
- Organize lunchtime walking groups
- Subsidize gym memberships
- Host onsite screenings for BMI, BP, cholesterol, glucose
- Switch to healthy snack options in vending machines and kitchens
- Demonstrate at-desk, in-office exercises
- Create excitement and positive peer pressure

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