

Move Well @ Work!

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My vision



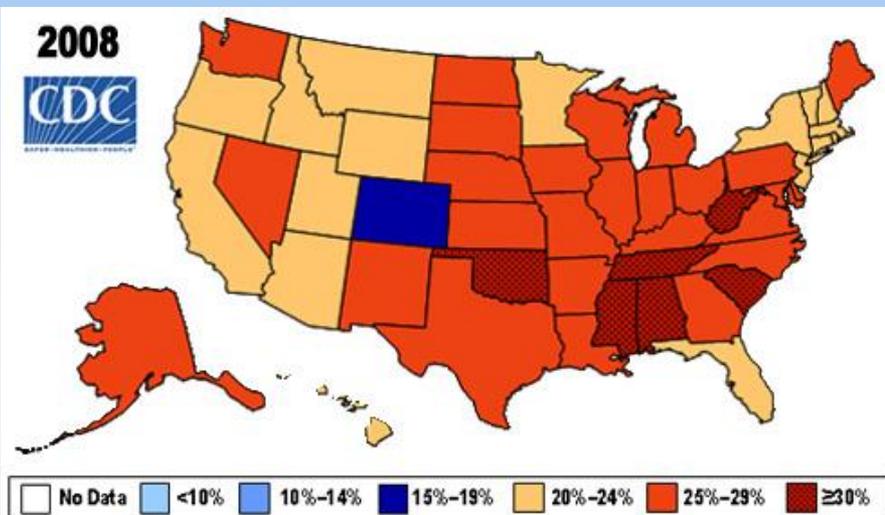
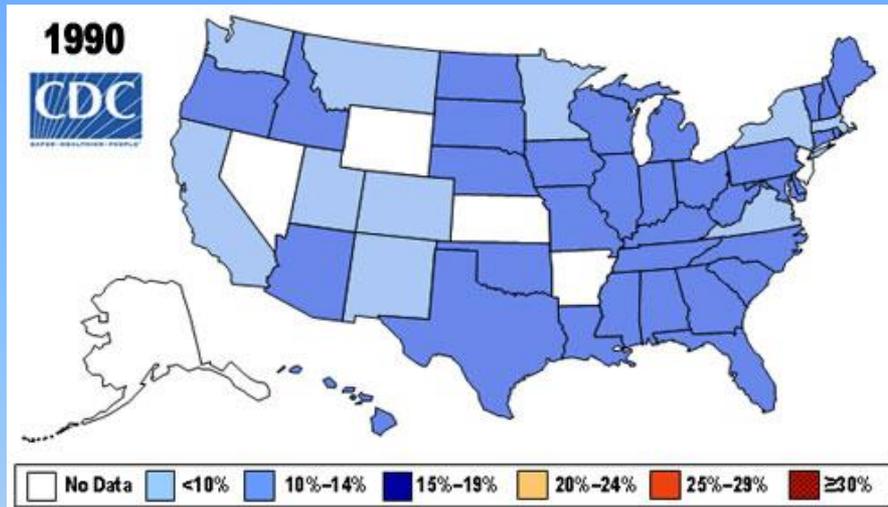
- a stretch break at every meeting
- rush hour in the stairwells
- a ping-pong table in every atrium

Beware the Environment

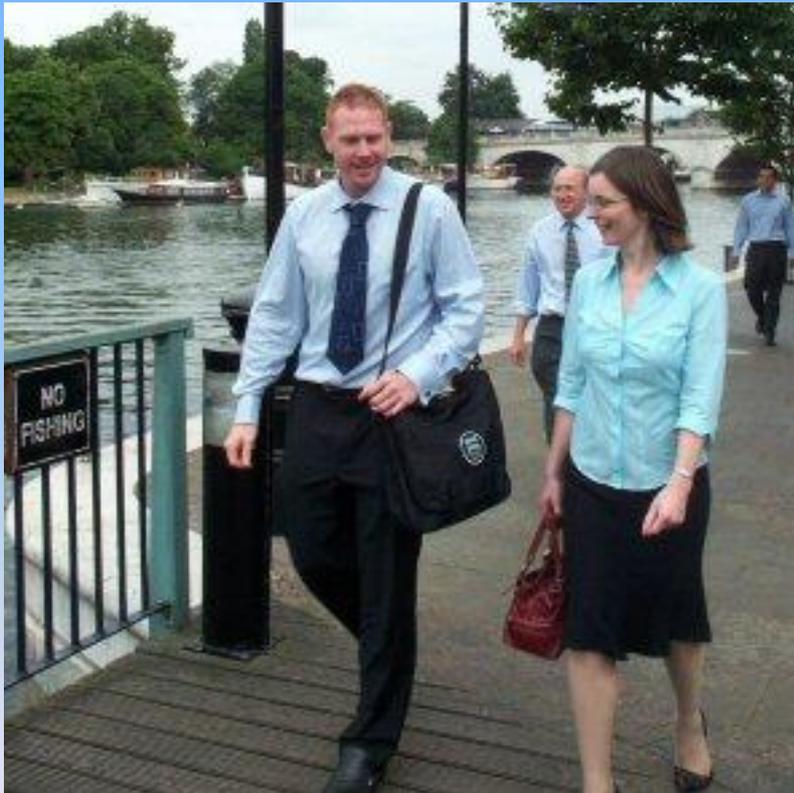


- No need to be active
- Over 200 food decisions per day
- Sensory overload → stress

Beware the Environment

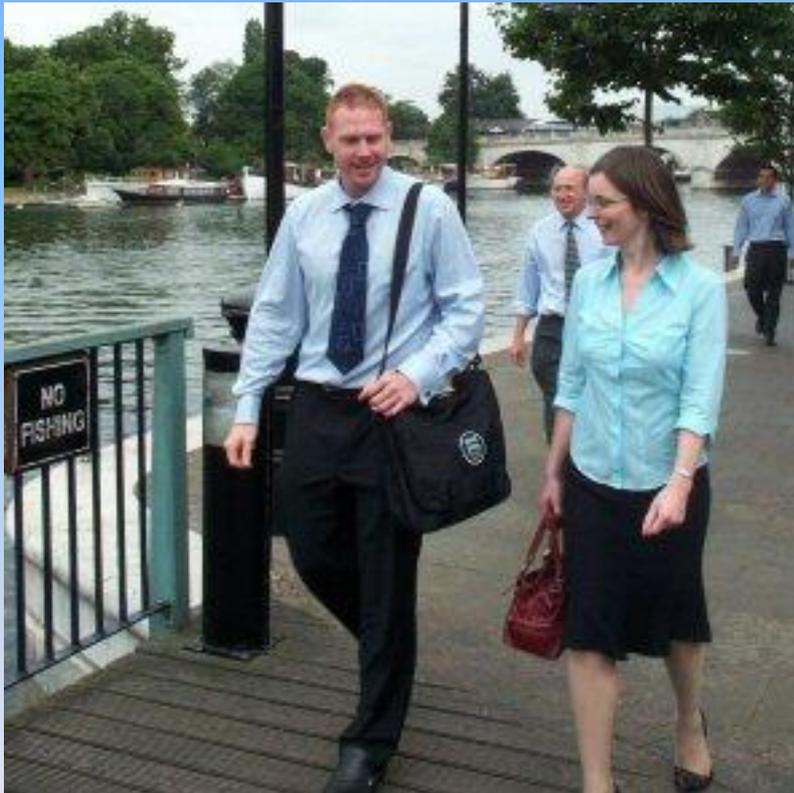


What are the Benefits of Being Physical Activity?



- 1
- 2
- 3
- 4
- 5
- 6.....

What are the Benefits of Physical Activity?



To the State of Minnesota

- Employee mood
- Productivity
- Reduced absences
- Lower medical claims



How much activity do we need?



Physical Activity Guidelines for Americans

- 150 minutes/week
- Moderate
- Moderate is relative
- Vigorous is 2x
- Zero to something
- No upper limit

Younger Next Year



How to build physical activity into your workday?



- 1
- 2
- 3
- 4
- 5
- 6.....



Your Benefits

Support Your Activity

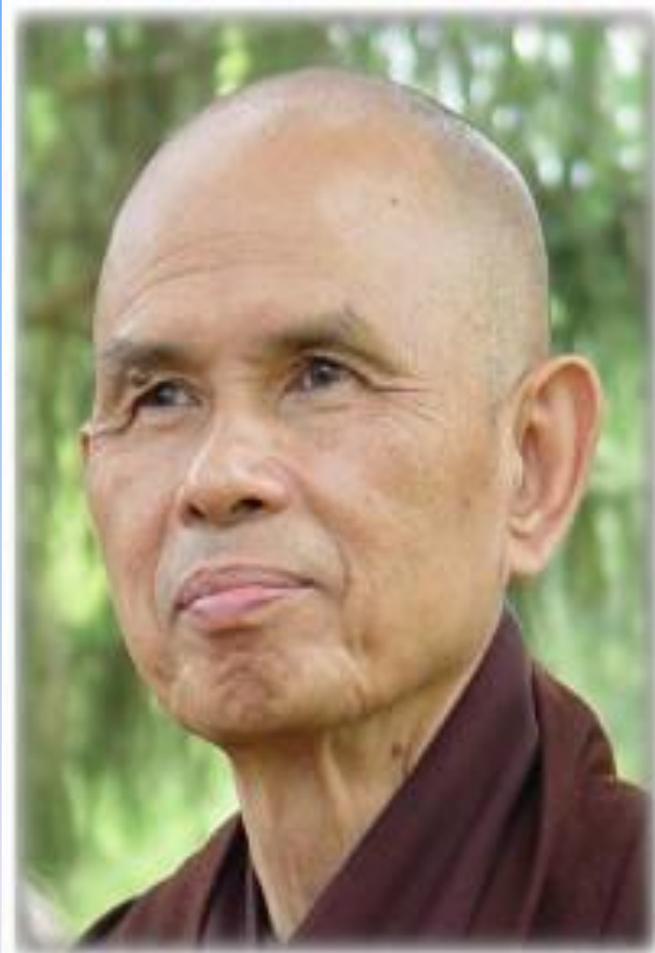
- $15 + 30 + 15 = 60$
- Vacation
- Health insurance
- Health assessment + free coaching
- State law provides wellness space
- Union contracts provide break time/opportunities for wellness
- Wellness committee



What works?



What works?



Strategies for Stickability

- Goals/action plan
- Tracking
- Social support
- Scheduling/planning
- Mindfully change habits
- Mix and match



Where the he@* is Matt?



Questions?



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Thanks!

