

February 2, 2012

MEMORANDUM #009-12HR

TO: Agency Administrators

FROM: Bobbie Chappell

VIA: Rip Colvin, Executive Director

RE: Safety Notes from January 2012

Please find attached the January issues of *Safety Notes* from Risk Management. I am sure you will find them to be informative. Please feel free to distribute to other interested parties. Thank you.

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“America’s health care system is in crisis precisely because we systematically neglect wellness and prevention.”

~Tom Harkin

Employee Wellness Tips:

1. If employees are able, recommend they take the stairs instead of the elevator.

2. Encourage employees to integrate exercise and other physical activities into their daily routine.



3. A good way employees can stay healthy is by doing stretches. Be sure to encourage this activity!!!

Safety Notes

VOLUME 2, ISSUE 3



Encouraging Employee Wellness

The start of a new year is often the time when many people begin and end their new year resolutions to get in shape. Changing our behavior is ultimately up to each of us as individuals; however, employers and safety coordinators have a tremendous opportunity to help their employees see the value of adopting healthier behaviors so that they can live healthier lives.



Encouraging employee wellness is important because good health affects more than just medical costs. A healthy workforce is a more productive workforce. A report by the National Institute for Occupational Safety and Health (NIOSH) shows that health promotion and injury prevention activities can reduce the frequency and severity of negative health outcomes for workers.

[Injury Prevention & Health Promotion Programs NIOSH Report](#)

Employee Wellness Resources

This week’s safety notes direct you to the National Institute for Occupational Safety & Health’s (NIOSH) website on Total Worker Health. Here, you will find a list of resources to assist employers and employees in implementing programs that integrate employee health activities, such as running or walking .



Disclaimer: The links that are posted within the Safety Notes are for educational purposes only. The State of Florida does not endorse or promote any brands, products, or services therein.

“The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind. ~

~G.K. Chesterton

Safety Notes

VOLUME 2, ISSUE 4



Getting Motivated:

- Exercise with a family member to help stay on schedule.
- Instead of being in a sedentary state, go for a quick walk.



- Start slowly and work your way up to more activity.
- Break up daily activity goals into shorter segments of time.

Getting Physically Fit

Physical activity is a great way to reduce stress while keeping the body healthy. Increasing your physical activity will help you lose weight, and reduce the risk of cardiovascular disease and diabetes.

Even though weight loss is a direct result of decreasing caloric intake, maintaining your weight loss can only be achieved through the use of physical activity. With the right amount of physical activity, you can achieve a lifestyle that will help you feel better physically and mentally. Always consult a physician before starting an exercise program.



[CDC Healthy Weight](#)

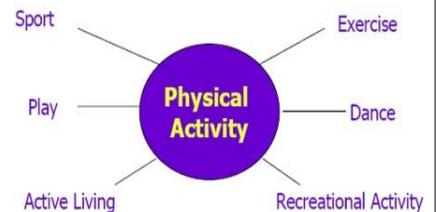
Physical Activity with Age

The amount of physical activity needed for an individual can vary greatly with different ages. Here is a link with physical activities for varying ages:

[Physical Activity for Different Age Groups](#)

A little physical activity means a lot!

What Is Physical Activity?



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