

FORGING THE FUTURE:



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Friday FACTS

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10 January 2003

"Leadership, Partnership, and Championship"

Free Continuing Educational Teleconference Opportunity- "How much is a healthy employee worth? Evidence of the health and productivity connection"

As part of HealthMedia Inc.'s continuing educational teleconference series, they will be hosting a free one-hour teleconference with Wendy D. Lynch, PhD, co-director of the Academy for Health and Productivity Measurement. For over 15 years, Dr. Lynch has been making the connection between employee health and business outcomes, focusing her work on absence and performance assessment, program evaluation and business strategy consulting.

There is now evidence that good health (low risks and well-managed disease) may contribute to fewer absences, fewer injuries, fewer work limitations and better performance on the job. The cumulative value of good health may be much larger than we have estimated in the past. Dr. Lynch will present the latest evidence of the health and productivity connection and the implications of such evidence on business and health care.

The teleconference will be conveniently presented over the telephone and the Internet, so you can participate at your own location.

Date & Time: Wednesday, January 29, 2003 2:00 - 3:00 PM (EST)

Space is limited, so register today! Prior to the teleconference, HealthMedia Inc.'s will provide registrants with a toll-free dial-in number and access to the presentation via the Web.

Register online at

http://www.healthmedia.com/company/teleconference_schedule.html
http://www.healthmedia.com/company/teleconference_schedule.html

or call Amy McKenna at 734-623-5467.

Remain Healthier, Live Longer and Feel Better: Keep Active

More older people than ever before are involved in exercise and sports. They've learned that being physically fit doesn't have to mean aching muscles from workouts and hard-to-maintain exercise schedules. Many people are getting their exercise in active pastimes such as biking, skiing and tennis. Others prefer less active recreation such as walking, gardening or golf. All are finding relaxation and fun while they secure a healthy future. Exercise helps you feel better because it improves your health.

Orthopaedic surgeons say that by spending a little time each day in some type of physical activity, you can enjoy these significant benefits:

- longer, healthier life
- stronger bones
- reduced joint and muscle pain
- improved mobility and balance
- lower risk of falls and serious injuries like hip fractures
- slower loss of muscle mass

People are living longer these days and their quality of life depends on being healthy and remaining independent. Staying active can lower your risk for many common diseases, relieve the pain of arthritis and help you to recover faster when you do get sick.

A balanced program of moderate physical activity for 30 minutes a day is beneficial even for people with chronic conditions of bones and joints. The 30 minutes can be broken up into shorter periods such as 15 minutes of gardening in the morning and 15 minutes of brisk walking in the afternoon.

You can enjoy a healthier life by getting regular exercise and doing it safely.

Source: "Keep active...safe at any age," U.S. Consumer Product Safety Commission and American Academy of Orthopaedic Surgeons, <http://www.cpsc>.

"People treat us the way we teach them to treat us."

- Wayne Dyer