

WellnessWatch
May 2006



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Work
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**Upcoming FAW
Events**

Visit FAW and
Precision Fitness
Equipment at the
New England
Benefits Council
Fair and Trade
Show on June 10,
2004 at
Lombardo's in
Randolph, MA.

**Exercise's
Unexpected
Benefits:**

Clearer thinking

Better balance

Better
circulation

Easier digestion

Stronger bones

Arthritis relief

Fitness Works at Work: A Proven Leader in Corporate Fitness and Wellness Programs

Goodbye Winter....Hello Spring!

Thank goodness the good weather is arriving and we can finally shed the heavy coats and get moving outdoor. Spring is the time to sweep away the winter cobwebs and reenergize. We have compiled a list of staff picks to motivate you to get active and healthier at home and at work in honor of National Employee Health Month this May.

- Start a walking group at work. Arrange to meet with a group of co-workers on a regular basis and log in some outdoor miles.
- Plant a garden. Gardening can burn up to 250 calories per hour and the sensory rewards of flowers or vegetables are an added bonus.
- Clean up your lawn or volunteer to clean up a neighborhood. Outdoor clean-up burns 300 calories an hour.
- Bike or walk your way to work. If that isn't doable, at least ride through the morning news on a stationary bike or walk on a treadmill.
- Go somewhere you have never been before. Plan a day trip that will include biking, hiking, kayaking or anything active outdoors. Try a new place – the experience will stimulate the mind and the body.
- Organize a sports league at work...or join one on your own. It's easy to get so wrapped up in work that you neglect to foster your hobbies and other interests – which can lead to professional burnout. Joining a team may be the best way to stick to exercise – it can provide the needed commitment.
- Pack a picnic lunch. Instead of hitting the cafeteria, pack yourself a healthy lunch and take it outside to eat either at your workplace or maybe a nearby park. Cafeteria food can offer some unhealthy temptations.
- Learn a new sport. Check out your local recreation organization and sign up to take lessons for golf, tennis, swimming or some other activity to master.
- Register for a walk or run. Having a date and a distance will force you to prepare and in turn increase your activity level. Race season is here. Sign up with a friend, family member or co-worker. There are many events in your area that benefit good causes. Look for one on the website www.coolrunning.com.
- Volunteer to coach a youth sport in your community. The rules of youth sports are usually easy to learn and hanging out with kids is energizing in itself.
- Take a walk in the woods. Experience awakening of nature first hand – an activity for your mind and your body.

This spring, make a commitment to increase your activity level!

Fitness Works at Work, Inc. provides quality on-site fitness, wellness and ergonomic services to corporations and organizations in New England. Contact our office at info@fwaw.com, or call 508-653-4135 for further information on FAW's affordable fitness, wellness and ergonomic services.