A Healthy U.
Workplace Wellness for Leadership Development

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WHY?

- Increased employee satisfaction
- Increased productivity
- Improved focus
- Decreased absenteeism
- Demonstrates commitment to employees
- Company is a role model
- Demonstrates integrity – “Walk the walk”
- Recruiting tool
- Health cost savings!!!
• Successful leaders carve out time for daily exercise because they have no choice. They have to prepare their bodies to handle the increasing demands of demanding schedules. (Forbes.com)
Physical activity is the best way to improve cognitive function. Given that the majority of the workday requires problem solving, decision making, and focus, leaders who make exercise a priority definitely have a leg up over those who don’t.

– Psychology Today
The Brain on Exercise

After 20 minutes of Sitting Quietly

After 20 minutes of Walking

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Employee Wellness Matters

UNIVERSITY OF KANSAS MEDICAL CENTER
Insurance claims clearly show that 75% of rising health care costs can be directly attributed to preventable lifestyle issues such as obesity, high blood pressure, high cholesterol, and tobacco use.

- Center For Disease Control
• claim costs double with **five+ risk factors**
  – (e.g., obesity, smoking, high blood pressure, high cholesterol, etc.)

• 46% higher for employees with **high levels of stress**

• Average **sick day costs $348 lost productivity**
23 ½ HOURS

https://www.youtube.com/watch?v=aUaInS6HlGo
A Healthy U Initiative

We VALUE and foster a culture for healthy work, play & life.
The WELL Employee

Benefits of a Workplace Wellness Program

*Increase*
- Productivity
- Job Performance
- Workplace Morale

*Decrease*
- Health Care Costs
- Absenteeism & Sick Leave
- Employee Turnover
We Want

You!

Be a Health Champion!
Fostering a well work place

• Supportive environment
• Positive leadership
  – BE the change you wish to see in the world.
• educational programs
• provide opportunities
• environment – increase life, decrease clutter
Challenge & Support

- Office challenges - TEAM
- Recognize efforts, success
  - Celebrate!
- Group efforts
- Is wellness a part of evaluation conversation?
- Open to feedback
Wellness Ideas

- chair massages
- plants and fresh flowers
- healthy meals and snacks
- on-site wellness workshops
- attend events @ fitness center together
- conference center fitness
- walking groups, pedometer challenges
LEAD by example.

• Be prepared to FIT in fitness.

• Limit inactive time to 23 ½ hours/day.
KUMC RESOURCES
LIBRARY
Kirmayer Fitness Center

FREE Community Workout:
Saturdays @ 10 am!
• Plan, prep, prepare
  – Meals, snacks

• Coming soon…. Healthy options @ the courtyard café

• Challenge co-workers to try something new with you

• Utilize KUMC Nutrition Dept!
– TODAY I commit to:

– My GOAL is to:

– I will ACHIEVE this goal by:
• Amber Long – Kirmayer Fitness Center
  – along3@kumc.edu