

GENERAL MEMBERSHIP MEETING

Wednesday, January 19, 2011 - "NOISE IN THE WORKPLACE - EFFECTS OF HEARING LOSS" along with info on TESTING and a little TRIVIA.....*Listen Up!*
Tracy Cameron, Occupational Therapist, RiverView Healthcare Association

Office Exercise: How To Burn Calories At Work

You may spend your workdays at a desk, but you don't need to take it sitting down. Make office exercise — from fitness breaks to walking meetings — part of your routine.

By Mayo Clinic staff

If you're doing your best to set aside time for physical activity either before work or after work, good for you. But finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider 10 creative ways to make office exercise part of your routine.

1. Make the most of your commute

Walk or bike to work. If you ride the bus, get off a few blocks early and walk the rest of the way. If you drive to work, park at the far end of the parking lot.

2. Look for opportunities to stand

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

3. Take fitness breaks

Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. Pull your chin toward your chest until you feel a stretch along the back of your neck, or slowly bring your shoulders up toward your ears.

4. Trade your office chair for a fitness ball

A firmly inflated fitness or stability ball can make a good chair. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other exercises during the day.

5. Keep fitness equipment in your work area

Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

6. Get social

Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. Enjoy the camaraderie, and offer encouragement to one another when the going gets tough.

7. Conduct meetings on the go

When it's practical, schedule walking meetings or brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

8. Pick up the pace

If your job involves walking, do it faster. Keep your chin up and your shoulders slightly back — and remember to breathe freely while you walk.

9. If you travel for work, plan ahead

If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk. Choose a hotel that has fitness facilities — such as treadmills, weight machines or a pool — or bring your equipment with you. Jump-ropes and resistance bands are easy to sneak into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.

10. Try a treadmill desk

If you're ready to take office exercise to the next level, consider a more focused walk-and-work approach. If you can comfortably position your work surface above a treadmill — with a computer screen on a stand, a keyboard on a table or a specialized treadmill-ready vertical desk — you may be able to walk while you work. In fact, Mayo Clinic researchers estimate that overweight office workers who replace sitting computer time with walking computer time by two to three hours a day could lose 44 to 66 pounds (20 to 30 kilograms) in a year. The pace doesn't need to be brisk, nor do you need to break a sweat. The faster you walk, however, the more calories you'll burn.

Want more ideas for office exercise? Schedule a walking meeting to brainstorm ideas with your supervisors or co-workers. Remember, any physical activity counts!

[Info found at <http://www.mayoclinic.com/health/office-exercise/SM00115>]

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00–8:00 PM. VALDAK CORPORATION
1149 36TH AVENUE SOUTH [new location]
NEXT MEETING → February 3rd

WELCOME NEW BOARD MEMBERS..

2011 BOARD MEMBERS

Carol Gierszewski (PRESIDENT)
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Christin McWaters (VICE-PRESIDENT)
UND Campus Safety & Security

Joe Strang (TREASURER)
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COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Bonnie Knutson, Lyle Ross)

(Upcoming GM Meeting Presentations)

- **February 16, 2011**
- "Beat the Bug", Milissa Van Eps, BCBS of North Dakota
- **March 16, 2011**
- "OSHA Update", Mike Maslowski, Bismarck OSHA Office

Membership Committee

(Davis Hoverson, Rachel Kmecik)

★ **60+ MEMBERS STRONG...and GROWING!**

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.

THANK YOU JOSH HEFFERNAN & RYDELL GM AUTO CENTER FOR SUPPLYING DOOR PRIZES FOR OUR DECEMBER GM MEETING!

"This & That"

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There is a town in Maryland called Accident. It sits on a major state highway linking western Maryland with the rest of the state. On the approach to the town is a road sign that doubles as a warning and is always true, no matter what the traffic condition. The sign says: **ACCIDENT AHEAD** [Info found at <http://www.makesafetyfun.com/pgs/trivia.htm>]