

Weekly Wisdom

Grow the Green for You and Your Team



“I don’t exercise. If God had wanted me to bend over, he would have put diamonds on the floor.” -- Joan Rivers

Stretch and Move @ Work

We all know the benefits of healthy lifestyles, but health workers (especially nurses) tend to have poorer lifestyle behaviors, higher rates of depression, and worse health outcomes than the general population.

There are some great ideas for well-being “snacks” at work, and your Wisdom and Wellbeing Champions have asked us to support you in building a little fitness into your days.

The benefits? Better mood and energy boosts!

Pay attention to your body. Stretch stiff and sore neck & shoulders.

Desk-bound? Get up! Take the long way to the restroom or cafeteria. Visit someone instead of sending an email.

Exercise at your desk or while standing at the nurses’ station: rise up on your tiptoes 3 - 5 times. Tighten your abs for 30-60 seconds. Stand up straight.

Get an energy boost with 10 deep breaths, raising your arms above your head with each inhale, down with the exhale.