

YOUR WELLNEWS

BROUGHT TO YOU BY Live



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WELLNESS COMMITMENTS:

'TIS THE SEASON FOR.....AUDITS?!

Every three years, the district is audited by the US Department of Agriculture to ensure compliance with Federal guidelines. Auditors may visit buildings to observe and ask staff about their awareness of wellness goals and commitments.

Information about policies on Smart Snacks, Fundraising, and Celebrations can be found on the recently updated [District wellness website](#).

Contact

wellness@cr.k12.ia.us

or your building Wellness Champion with questions.

HEALTHY HOLIDAYS

What is your goal for staying healthy over the holidays? Eat less? Move more? Manage stress? Self care?



Set a few goals for yourself now, write them down and share them with an accountability partner – you're more likely to accomplish what you want with a wellness buddy!



Q: What is the 10 Week Wellness Challenge?

A: Over the course of 10 weeks, teams (2-10 people) track activity minutes and/or weight loss through the Live Healthy Iowa website. This simple and affordable challenge provides Iowans an opportunity to improve their health while engaging in fun, friendly competition. Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track and record minutes of activity and/or weight loss which is used to calculate a team's percentage weight loss and average activity minutes. Friendly competition among teams is encouraged.

Q: How do I sign up?

A: Go to <https://livehealthyiowa.org/home> click on the orange JOIN TODAY icon located just below the challenge banner. Use the Group ID **CRCSD**. Registration opens December 3.

ERGONOMICS: SET UP FOR INJURY PREVENTION

With the recent technology rollouts, your workstation set up may have changed. Don't wait to until you have an injury to think about ergonomics. See the information below to set yourself up for prevention.

Comfort – 75 to 80% of work

This zone has the least potential for repetitive motion injuries and is an ideal state for heavy and frequent lifts.

- Elbows are close to the side of your body.
- Minimum distance reaches or bends.
- Arms are bent at the elbow at 90 degrees.
- Back and neck are in the normal S-curve position.

Ergonomic Statistics

- 90% of all office workers use personal computers.
- In 2009, work-related musculoskeletal disorders exceeded 14 million cases.
- Carpal tunnel syndrome comprises 13% of all workplace injuries.
- Women outnumber men 3 to 1 in sustaining carpal tunnel syndrome.
- Work-related musculoskeletal disorders account for \$20 billion in direct costs each year and \$100 billion in indirect costs.



Caution – 15 to 20% of work

- Arms extend slightly away from the body.
- Torso or neck is bent.
- Arms may extend but elbows aren't locked.
- Reach extends to head or knee level.
- No reaches behind the body.
- Elbows stay below shoulder level.
- Knees are slightly flexed, never locked.

Danger – 5 to 10% of work

Light, small, infrequent lifts may be performed in this zone, such as taking small, light objects from a high shelf or from the floor.

- Reaches extend overhead and to floor level.
- Elbows locked and far away from the body.
- Elbows are above the shoulders.
- Torso or neck is bent more than 15 degrees.
- Arms extend behind the body.
- Torso is twisted.

In health, Your District Wellness Support Team.

wellness@cr.k12.ia.us

<http://www.cr.k12.ia.us/our-district/live-wellness/>

WellNews You Can Use

Avoid Winter Slips, Trips and Falls!

Walk like a penguin by focusing on footing and taking *short, slow and flat footed* steps. Keep arms out to the sides for balance.

Don't use your cell phone when walking.

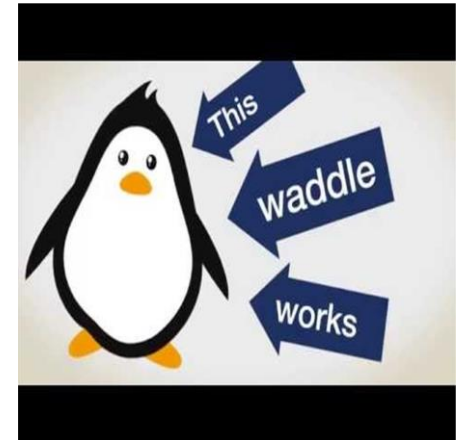
Be aware of changes in walking surfaces.

Free up your hands.

Report unsafe conditions.

Use authorized paths.

Wear appropriate footwear.



Did you know that Virgin Pulse members can set up their own wellness challenges with friends to earn points and stay motivated? Try it out!