

The Expanding Workforce...How We Can Shape Up On The Job Satellite Conference and Live Webcast

Friday, August 29, 2008 • 12:00-1:30 p.m. (Central Time)

1:00-2:30 p.m. (Eastern) • 11:00 a.m.-12:30 p.m. (Mountain) • 10:00-11:30 a.m. (Pacific)

Tighten your abdominal muscles. Keep breathing. Sit up straight. Let's face it, working out is a chore for most people and in today's busy world finding time to go to the gym or dedicating 30 minutes 5 days a week to exercise can be challenging. It's a figure that's starting to show given the increase in obesity rates all across the country.

In 2002, President George W. Bush signed an Executive Order to promote physical fitness throughout the country. Why? He was concerned about the numbers of Americans suffering from lack of physical activity and poor diet habits and wanted to motivate the general public to do better. Not only that but, data from the Bureau of Labor Statistics show employer-provided health insurance, short and long term disability programs and worker's compensation combine to make up 10 percent of all payroll costs in the United States. That is not music to any administrator's ears, especially the those who lead companies and businesses.

So now the question becomes, whether you're stuck behind a work desk or working on the go for at least 8 hours a day, how on earth do you fit in an exercise routine? You tighten your ab muscles while you're reading a flyer for an upcoming program! (For those of you who did that, congratulations, you just increased physical activity in your workplace. You can relax those ab muscles now if you'd like.) It's that easy. It's also just that easy to learn about exercise programs already in place at various worksites across Alabama and throughout the country. This broadcast will highlight some of these efforts to increase physical activity and also give you tips on how to do similar activities in your worksite.

Eating right at work can sometimes be a struggle too, but there are ways to make healthy choices readily available. Since September is fruits and vegetables month, we're going to also show you how easy it is to include these two food groups in your worksite on a daily basis.

It doesn't take much to eat right and be active while you're working, in fact, being healthy at work could be the easiest and most enjoyable thing you do all day.

Program Objectives:

1. List three alternative methods of getting 30 minutes of exercise during the workday.
2. Describe several easy ways to include more fruits and vegetables in your workday diet.
3. Discuss the primary benefits of including exercise and a healthy diet in your life.

Conference Details:

Target Audience: Public health administrators, program staff and all employees who are directly involved in or are interested in creating a healthier workplace.

Registration: www.adph.org/alphntn

CEUs: None for this program

Satellite Technical Information: Ku & C bands

Webcast Access: On the day of the program, go to www.adph.org/alphntn and click on the "view webcast" link.

Faculty:

Faculty members will include staff from the Nutrition and Physical Activity Division at the Alabama Department of Public Health, Director of Special Projects for the Association of State and Territorial Public Health Nutrition Directors, Director of the Alabama Farmers Market Authority, Representative from the CDC's Division of Nutrition, Physical Activity and Obesity, and Community Worksite Health Promotion Staff.

Upcoming Programs:

Special Needs Populations in Disaster Response

Thursday, September 11, 2008
12:00–1:30 p.m. (Central Time)

Workplace Diversity: Valuing Differences

Tuesday, September 23, 2008
3:00–4:00 p.m. (Central Time)

For information of these and other programs: www.adph.org/alphntn

The South Central Public Health Training Center is a partnership of the state health departments in Alabama, Arkansas, Louisiana and Mississippi and the Schools of Public Health at UAB and Tulane University with funding from the Health Resources and Services Administration, DHHS.

