



RUTGERS
New Jersey Agricultural
Experiment Station

Small Steps to Health and Wealth™

Co-Authors

Karen Ensle EdD, RD, FADA, CFCS

FCHS Educator—Associate Professor
Rutgers Cooperative Extension of
Union County
300 North Ave East, Westfield, NJ 07090
ensle@aesop.rutgers.edu

Barbara O'Neill, Ph.D., CFP®,
CRPC, AFC, CHC, CFCS, CPFPE

Extension Specialist in Financial
Resource Management — Professor II
Rutgers Cooperative Extension
Cook Office Building Room 107
55 Dudley Rd. New Brunswick, NJ 08901
oneill@aesop.rutgers.edu



The Online Workplace Wellness
Program was developed by:

Joanne Kinsey, M.S., CFCS
Family & Community Health
Sciences Educator

Rutgers Cooperative Extension
of Atlantic/Ocean Counties
6260 Old Harding Highway
Mays Landing, NJ 08330
P609.625.0056
F609.625.3646

jk Kinsey@njaes.rutgers.edu
www.njaes.rutgers.edu

http://www.getmovinggethealthynj.
rutgers.edu/workforce/index/html

Deskercise!

While seated, pump both arms over your head for 30 seconds, then rapidly tap your feet on the floor, football-drill style, for 30 seconds. Repeat 3-5 times. Remember to consult your doctor before beginning any exercise program.

Healthy on the Job!
Small Steps to Health & Wealth
Workplace Newsletter

Family & Community Health Sciences
Rutgers Cooperative Extension



Strategy 1

Focus: Track Your Current Behavior

Track Your Current Behavior

http://njaes.rutgers.edu/sshw/workbook/01_Track_Your_Current_Behavior.pdf

People often disconnect themselves from their personal health and financial practices. Acknowledge your current situation. Are you overweight? Do you have money put aside for retirement? The 5 A's of successful behavior change are: **Awareness** of what needs to be changed, **Ability** to make the change, **Ambition** and desire for change, **Attitude** or being positive about making changes and taking **Action** to take small steps toward better health and finances.

The best way to increase your awareness is to rec-

ord everything you eat and the money you spend or save. Keeping written records (even though we know you don't want to do this task) will help you to be successful in tracking your current practices and help you to make changes in your eating, snacking, exercise and spending. A Food and Activity Log is Worksheet and Income and Expense Log are here: (add website)

Research shows that if you keep written records you will increase your chances of accomplishing your desired behavior changes. You may want to do this for several months or indefinitely.

Health Action Steps:

Record everything you eat and drink for

several days—record the amounts and calories. Record each time you are physically active for 10 minutes or more.

Total your calories eaten and compare to calories burned. What do you need to do? Here is a Food and Activity Journal and website worth perusing.

<http://weighing-success.com/Support-files/fooddiary7days.pdf>

"There are six components of wellness: proper weight and diet, proper exercise, breaking the smoking habit, control of alcohol, stress management and periodic exams."
Kenneth Cooper

Stay Fit at Work

While you shouldn't give up on your home or gym exercise routine, you can certainly supplement it with exercises done at your desk (and, on those extra-long workdays, it's much better than doing

nothing.) Here are a few aerobic tricks to try during your next break between tasks: Glance at the wall clock and rip off a minute's worth of jumping jacks. If you're a beginner, try the low-impact version

(raise your right arm and tap your left toe to the side while keeping your right foot on the floor; alternate sides). March in place for 60 seconds and get your blood circulating.



Health and Wealth Action Steps This Week



Record everything you eat and drink for several days including the quantity of food and calories. Add your activity and estimated number of calories.

Record everything you earn and spend for a month or two using a notebook or set up a spreadsheet for record keeping. Total your income and compare it to your expenses. What adjustments do you need to make? Is your cash flow positive or negative? Set some goals for yourself and make the needed changes. Copy these logs and fill in on a weekly basis.

FOOD & ACTIVITY LOG

Date:

Time of Day	Describe Food/Beverage Consumed	Amount Food/Beverages Consumed	Estimated Calories Consumed	Physical Activity	Time Spent on Activity

INCOME & EXPENSE LOG

Date:

Date	Description of Income	Amount	Description of Expense	Amount

More Wealth and Health Everyday

Ask yourself truthfully about your financial state. Are you in debt? Do you have savings? Can you pay your bills?

How is your health? Do the number of calories you consume daily and the total calories burned for physical activity match? What adjustments do you need to make?

Take the “small steps approach” throughout the day

- A quick walk during a break time can add a few extra steps to your day! If time allows take the long way to the lavatory or to your lunch break.
- A few minutes of quiet meditation can add a sense of calm during the work day.
- Maintain a proactive attitude toward eating healthy, daily physical activity of at least 30 minutes or more each day along with setting a plan for savings and debt reduction.

The refusal to choose is a form of choice: disbelief is a form of belief——
Frank Barron

Links for additional ways to move more for better health

www.choosemyplate.gov

www.njaes.rutgers.edu/health

<http://www.getmovinggethealthynj.rutgers.edu>

<http://www.getmovinggethealthynj.rutgers.edu/workforce/index/html>



America on the Move’s Tip of the Day:

Encourage healthy decisions by drinking water instead of sugar sweetened beverages.

Keep low-fat cheese and yogurt on hand.

Take a walk at lunch each day to get your body moving.

Substitute steamed vegetables for rice or pasta.

Play America’s favorite past-time– baseball or softball.