

## Being Mindful of Physical Health, Part 1

A recent study conducted by Ergotron, a global manufacturer of furniture and mobility projects, found the average American sits for about 13 hours a day.

While Americans know about the importance of being active, only 31 percent go to the gym regularly, and 56 percent devote less than \$10 per month to staying active. A study by the University of Sydney looked at self-reported exercise habits and health exams of more than 63,000 adults and found that those who exercise at least one or two days a week had:

- An 18 percent lower risk of dying from cancer
- A 40 percent lower risk of cardiovascular disease



Regular exercise positively affects your employees' physical health with:

- Improved heart health
- Higher energy
- Weight management
- Disease prevention
- Improved immune system

When your employees regularly exercise, it can positively affect your business with:

- More productive employees
- Reduced absenteeism
- Happier employees

### How to encourage your employees to move more

Here are some other ideas to get your employees moving:

- Hold walking meetings
- Start or encourage current walking, hiking or running clubs
- Conduct onsite fitness classes
- Host daily 10-minute dance parties
- Plan a worksite gardening area that employees can work in during the day
- Offer onsite classes about family fitness, seasonal activities and how to fit exercise into the work day

Sources: [medicalxpress.com](http://medicalxpress.com)\*, [info.totalwellnesshealth.com](http://info.totalwellnesshealth.com)\*

**Join us for our next weekly meditation session on your computer or mobile device:**

Topic: Body Scan Meditation

Wednesday, Feb. 27, 2019

8 to 8:10 a.m. Eastern time

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