

APPENDIX J

Extending Into The Home

How can you get greater effects from your worksite wellness initiatives? – extend them into the home setting. There are several things that people can do individually or together as a family to improve eating habits and increase physical activity levels. Below is a short list of “what works”. Studies show that if families choose to work towards healthier lifestyles together, they will have a better chance for succeeding.

GENERAL SUGGESTIONS:

1. Involve family members in your worksite wellness programming. In many cases, the additional costs are minimal, but the likelihood of ongoing, increased participation rates of employees is a result because of the social effect when family members are involved.
2. Turn off or limit TV and “screen” time (computer, videogames, etc.) or at least ensure physical activity time minimums are met prior to allowing large amount of screen time. The general recommendation is to limit screen to 2 hours per day. Limiting TV leads to increased physical activity, and decreased exposure to food ads for high calorie, non-nutrition foods and beverages.
3. Eat family meals together with the TV off while eating. If you are at the dinner table, you are less likely to be watching TV while you are eating.
4. Be a good role model: eat healthy and be active. Parents serve as role models for their children. This assists with development of healthy eating and activity behaviors. Parents can motivate their children to change when many others factors fail and children can have the same influence with parents.
5. See your medical provider regularly. Check with your physician about healthy weight for adults and children. Medical check-ups provide an opportunity to evaluate body weight and receive counseling and treatment if necessary. Early identification increase likelihood of maintaining a healthy weight.

PHYSICAL ACTIVITY SUGGESTIONS:

1. Sit down as a family and identify nearby destinations that you can visit regularly to promote physical activity: walk to the store, bike to the park. Integrate activity into your daily routine. Most people’s base physical activity is walking. If there are “destinations” nearby that you visit or could visit on a regular basis, look to make that trip on foot, by bike, by skates or any other means that requires you to be physically active. Use the “Activity Zone” to measure nearby destinations: <http://dhfs.wisconsin.gov/forms/DPH/dph40092.pdf>
2. Walk or bike to school with your children. One way to guarantee regular activity in to walk or bike to school with your children. Currently only about 10 percent of children walk to school on a regular basis compared to 66 percent in 1970.
3. Be active together. Being active together appeals to people who need the extra motivation that only direct interaction can provide.
4. Track or log your activity. Recording and tracking activity increases the likelihood for long-term success. Make it a friendly competition between parent and child.



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5. Schedule your activity time. Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it in on your calendar.
6. Vary your activities. Give yourself different opportunities to be active as a family.
7. Make your yard or nearby park a recreation site. Play outdoor games that require only a few participants and very little organization. Most activity is done in the immediate neighborhood. By using your yard or nearby park as a recreation site you provide regular opportunities for physical activity.

NUTRITION SUGGESTIONS:

1. Choose exclusive breastfeeding as the method for feeding infants for the first 6 months of life. There is a known link to decreased obesity later in life.
2. Try to eat at least one meal together as a family per day; make family meal times a priority. Eating meals together increases the chances that children will eat healthier and consume less calories. It also increases children's self esteem because of interest shown by parents in discussing how everyone's day went.
3. If your family consumes whole or reduced fat (2%) milk, together make the switch to low fat (1%) or fat-free (skim) milk. If your family collectively decides to try something new, having the support of each other will increase the likelihood that you'll stick to it.
4. Plan Family Meals Ahead of time. If you spend time prior to the start of the workweek planning meals, your family will be less likely to visit a fast-food restaurant. Make a Sunday shopping list with all the ingredients you will need. Make an extra batch so your family can have leftovers another night.
5. Parents should provide healthful food and beverages choices for children. Providing children with limits while allowing them to choose from healthier options assists them with healthy eating behaviors.
6. Provide opportunities for children and adolescents to participate in meal preparation. Increase the likelihood that child or teen will try new foods.
7. Use lower fat substitutions in cooking and baking (i.e. apple sauce for oil, etc). Lowers total calories and fat intake.

MENTAL HEALTH SUGGESTIONS:

1. Easy does it. This means taking care not to over-react to challenges. It means compromising with others who may not agree with you by Cooperating with them.
2. Learn safe ways to express your feelings. Pent-up feelings can explode in inappropriate ways. If you feel angry and tense, try to figure out why and find a friend, family member, or professional counselor who will listen while you express your feelings as calmly as possible.
3. Don't brood. Often, a simple change of pace is a constructive way to "get away from it all." This means doing something positive and useful about a problem instead of dwelling on it.
4. Take one step at a time. Working toward a solution can relieve tension and help you **avoid** feeling trapped. By diverting your tensions and anger to worthwhile, tangible goals, you will see how much control you have over your life.

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TOBACCO CESSATION SUGGESTIONS:

(from UW-Center for Tobacco Research & Intervention)

1. Make an appointment with your healthcare provider. Your doctor can recommend medications that will help you through the process of quitting.
2. Call the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW to get started. (800-784-8669)
3. Get support. Tell your friends and family that you are going to quit smoking. If they smoke, ask them not to smoke around you or to quit with you.
4. Clear the decks. Get rid of the things that remind you of smoking. Throw away all cigarettes, lighters and ashtrays.
5. Dangle the financial carrot. Give yourself a financial incentive to quit by putting the money you would have spent on tobacco products in a glass jar. For pack-a-day smokers, this can be \$1,500 a year or more! Watch your savings – and your resolve – grow.
6. Make a plan and set a quit date. Give yourself some time to prepare before launching into your quit attempt. Make a list of all your reasons for quitting and put this list where you will see it often. Think about reasons you smoke or chew, including routines that trigger tobacco use, and brainstorm how to change those routines and avoid cues that prompt you to light up or dip. Mark your quit date on your calendar and get mentally prepared.
7. Keep busy on your quit day. Change your routine. Plan a full day with enjoyable activities. Avoid alcohol because it can weaken your resolve. At the end of the day, do something (other than smoking) to celebrate.
8. Replace cigarettes with alternatives. Alternatives like gum, cinnamon sticks, suckers, toothpicks or low-calorie snacks like carrots, celery and apples wedges.
9. Start an exercise program. Taking a walk, doing aerobics or playing sports can take your mind off urges and remind you that quitting helps improve your lung capacity and overall health.

