

OSC 10
Ohio Safety Congress & Expo

**Full engagement:
physical and mental**
(Intermediate)
374
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Thursday, April 1, 2010 1 to 2 p.m.

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Agenda:

- Research review
- Discuss how your mental abilities are affected by your outlook and your physical activity
- Identify ways to incorporate activity into your day and to challenge your mind
- Receive practical examples you can implement at work

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1st Task

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Exercise & Productivity

- ACSM study
 - Post-exercise tolerance levels increase (self/others)
 - Ability to manage time demands
 - Ability to manage output demands
 - Mental and interpersonal performance

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3 Companies—1 Result

- Diverse company settings
 - University, pension company, IT firm
- Results
 - Improved time management on exercise days (72%)
 - Improved mental and interpersonal performance (79%)
 - Improved workload management (74%)

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3 Companies—1 Result

- Results (cont.)
 - Self-reports
 - Better able to deal with stress (27%)
 - Increased motivation to work (41%)
 - Increased concentration at work (21%)
 - Increased likelihood to finish work on time (22%)

Work-rest ratios

- At the gym:
 - Sets/reps in a given time
- vs.
- At work:
 - Projects/tasks in a given time frame

Work-rest ratios

- Results
 - 15 minute micro schedule best at:
 - Relieving upper extremity discomfort & eyestrain
 - Increasing speed and accuracy and overall performance
 - Reducing nervousness, tiredness, dizziness and headaches

Idaho study findings

- Increased muscular strength = less physiological stress = increased productivity
- Increased cardiovascular health = increased job satisfaction

Idaho study findings

- Increased performance
 - High exercise adherence (50%)
 - Moderate exercise adherence (26%)
 - Low exercise adherence (13%)
- 3 months participation
 - ↓ Anxiety
 - ↑ Self-esteem
 - ↑ Job satisfaction

Idaho study findings

- ↑ flexibility = ↓ low back pain = ↓ fewer sick days
- Institute workplace fitness program = 22% less absenteeism

Exercise efficacy

- Increases work capacity, mobility, flexibility, and attention from administrators
- Reduces incidence of minor illnesses like colds, aches and pains and headaches that would traditionally keep one from work
- Provides relief from boredom & anxiety
- Decreases aches and pains associated with sedentary work
- Promotes aggression release

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Mental Games and Capacity

- You have to challenge yourself every day
- Personality and its role in the workplace
- Optimism and pessimism
- Physical reminder-your posture

2nd Task

Recap

- Lessons learned
- Practical examples

When people exercise, they feel more productive throughout the day!

QUESTIONS?

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