

## 30-minute mini-workshop

Discussion topics	My notes and next steps
<p>1. <b>Purpose:</b> Discuss major components of <i>personal health and well-being</i>, what we're doing currently, what we can do <i>realistically</i> to improve, and our own next steps</p>	
<p>2. Topics we're covering in this mini-workshop</p> <p>Topics for discussion</p> <ul style="list-style-type: none"> <li>• Exercise (and tracking)</li> <li>• Diet (and tracking)</li> <li>• Sleep (and tracking)</li> <li>• Sitting (and tracking)</li> </ul>	
<p>3. Who makes New Year's resolutions to exercise more, improve your diet, sleep more, get fit, etc., etc., etc.?</p>	
<p>4. Let's discuss the issues we're facing, suggestions for improving/tracking, and your personal "next steps."</p>	<p><b>Exercise (and tracking)</b></p> <ul style="list-style-type: none"> <li>• Issues we're facing</li> <li>• Suggestions for improving (and tracking)</li> <li>• Next steps <ul style="list-style-type: none"> <li>– "Promise" to yourself recorded on handout</li> </ul> </li> </ul> 
<p>5. Let's discuss the issues we're facing, suggestions for improving/tracking, and your personal "next steps."</p>	<p><b>Diet (and tracking)</b></p> <ul style="list-style-type: none"> <li>• Issues we're facing</li> <li>• Suggestions for improving (and tracking)</li> <li>• Next steps <ul style="list-style-type: none"> <li>– "Promise" to yourself recorded on handout</li> </ul> </li> </ul> 



6. Let's discuss the issues we're facing, suggestions for improving/tracking, and your personal "next steps."

### Sleep (and tracking)

- Issues we're facing
- Suggestions for improving (and tracking)
- Next steps
  - "Promise" to yourself recorded on handout



7. Let's discuss the issues we're facing, suggestions for improving/tracking, and your personal "next steps."

### Sitting (and tracking)

- Issues we're facing
- Suggestions for improving (and tracking)
- Next steps
  - "Promise" to yourself recorded on handout



8. Easy to get overwhelmed! What are your "overall" health and well-being goals? Supermodel? Olympic athlete? Lower blood pressure? Healthy BMI? Adequate sleep? Less stress? Pick one or two to start.



9. **Wrap-up:** Look at your notes when you get home, read articles, check out apps, get support, and share with others.



## Next steps reading list

### Exercise

- On the go? Try this full-body workout for travelers (infographic) <https://blog.fitbit.com/on-the-go-try-this-full-body-workout-for-travelers-infographic/>
- 15 ways to get 10,000 steps a day without exercising more <http://www.prevention.com/fitness/15-ways-to-get-10000-steps-a-day-without-exercising-more/>
- 4 resistance band moves for a seriously toned butt <http://www.prevention.com/fitness/4-resistance-band-moves-for-a-seriously-toned-butt>



## Exercise (cont.)

- ❑ Experts' favorite walking workouts  
<http://www.cnn.com/2017/05/02/health/best-walking-workouts-partner/index.html>
- ❑ Here's how to have more energy at work <http://time.com/4755843/walk-up-stairs-energy/>
- ❑ Taking a day off from your workout is actually good for you  
<http://time.com/4754622/workout-recovery-protects-bones/>
- ❑ What happens to your body when you walk 10,000 steps? <http://usat.ly/2pAFild>

## Diet

- ❑ Nutritional goals for age–sex groups based on dietary reference intakes and dietary guidelines recommendations – 2015–2020 dietary guidelines <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/#table-a7-1-daily-nutritional-goals-for-age-sex-groups-based-on-d>
- ❑ The role of protein in weight loss and maintenance <http://ajcn.nutrition.org/content/101/6/1320S>
- ❑ The weight loss trap: why your diet isn't working <http://time.com/4793832/the-weight-loss-trap/>
- ❑ 8 tips to lose weight with food logging  
<https://blog.fitbit.com/8-tips-to-lose-weight-with-food-logging/>
- ❑ The 18 best weight-loss tips of all time, from women who successfully slimmed down  
<http://www.prevention.com/weight-loss/best-weight-loss-tips-ever/slide/1>
- ❑ This is how often you should weigh yourself if you want to lose weight  
<http://www.prevention.com/weight-loss/how-often-you-should-weigh-yourself-for-weight-loss>

## Sleep

- ❑ Why getting a good night's rest can help you lose weight  
<https://blog.fitbit.com/getting-good-nights-rest-can-help-lose-weight/>
- ❑ Sleep and metabolism: an overview <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2929498/>
- ❑ Sleep study on modern-day hunter-gatherers dispels notion that we're wired to need 8 hours a day  
[https://www.washingtonpost.com/news/to-your-health/wp/2015/10/16/sleep-study-on-modern-day-hunter-gatherers-dispels-notion-that-were-wired-to-need-8-hours-a-day/?utm\\_term=.58af68ec9943](https://www.washingtonpost.com/news/to-your-health/wp/2015/10/16/sleep-study-on-modern-day-hunter-gatherers-dispels-notion-that-were-wired-to-need-8-hours-a-day/?utm_term=.58af68ec9943)
- ❑ Oh, good morning, sleep science. Welcome to the 21st Century  
<https://www.wired.com/2016/05/welcome-twenty-first-century-sleep-science/>
- ❑ 6 science-backed sleep remedies <http://time.com/4732464/natural-sleep-remedies-insomnia/>
- ❑ 5 yoga poses for better sleep <http://time.com/4757902/yoga-poses-sleep/?iid=sr-link2>

## Stress

- ❑ 5 ways to bond with co-workers (besides happy hour)  
<https://blog.fitbit.com/5-ways-bond-co-workers-besides-happy-hour/>
- ❑ 2015 stress in America snapshot <http://www.apa.org/news/press/releases/stress/2015/snapshot.aspx>
- ❑ How much stress is too much? <https://blog.fitbit.com/much-stress-much/>

## Sitting

- ❑ 12 Pomodoro timer apps that will boost your productivity (Note: also useful for stress relief, exercise tracking. Article has suggestions for Pomodoro apps for iOS, Android, web, PC, and Mac.)  
<https://zapier.com/blog/best-pomodoro-apps/>



## Overall well-being

- ❑ Implementing healthier choices into our proposal development environments  
<https://www.lohfeldconsulting.com/blog/2015/04/implementing-healthier-choices-into-our-proposal-development-environments/>
- ❑ 13 of the best fitness and health apps for 2016  
<http://www.mensfitness.com/life/gearandtech/12-best-fitness-and-health-apps-2016>
- ❑ The 25 best fitness apps of 2017 <http://www.pcmag.com/article2/0,2817,2485287,00.asp>
- ❑ Hit every fitness goal with these apps <https://www.cnet.com/how-to/apps-to-help-you-hit-every-fitness-goal/>

## Suggested tools

Tool	Purpose	Tool	Purpose
 <b>MyFitnessPal</b>	Track activity, exercise, calories, weight. Connect with 50+ devices and apps (iOS, Android, web), Free, <a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a>	 <b>Calm</b>	De-stressing app (iOS, Android, web), Free and paid subscriptions, <a href="http://Calm.com">Calm.com</a>
 <b>3 Minute Mindfulness</b>	Quick meditations and breathing exercises (iOS, similar apps on Android and web), Free	 <b>Buddhify</b>	Meditation app with +80 custom-guided audio meditation tracks (iOS, Android), \$4.99
 <b>BeFocused</b>	Focus timer and goal tracker – Pomodoro app (iOS, Mac), \$4.99 (Free version available). See <i>12 Pomodoro timer apps</i> article link above for more suggestions.	 <b>Relax Melodies HD</b>	Sleep and relaxation sounds (iOS, Android, Windows), Free
<b>University of Missouri Wellness Program</b>	Activity and break apps to help you move (iOS, Android, Windows, Mac) <a href="https://www.umsystem.edu/totalrewards/wellness/activity_and_break_apps">https://www.umsystem.edu/totalrewards/wellness/activity_and_break_apps</a>	 <b>WebMD</b>	Health information (iOS, Android, web), Free, <a href="http://WebMD.com">WebMD.com</a>
 <b>Audible</b>	Listen to books while you exercise (or relax), (iOS, Android, Windows, Amazon devices, PC) Free app, \$ for audio books	 <b>Overdrive</b>	Borrow audio books from your public library to listen to while you exercise (or relax or drive), (iOS, Android, Windows, Amazon devices, Chromebooks, MP3 players, PC), Free
 <b>QuickVoice2Text Email (Pro Recorder)</b>	Voice recorder, note taking with text emails for when you're exercising and have a great thought you want to remember or when you need to send a text or email (iOS, laptop, Mac), \$2.99 (free version available too, similar apps on Android)	 <b>Dragon Dictation</b>	Voice recognition texts, email, Facebook and Twitter status updates for when you're exercising and have a great thought you want to remember or when you need to send a text or email (iOS), Free (Dragon Anywhere for Android and iOS available with paid subscription)