

WELLNESS WORKS

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Upcoming Health Events

[Click here for a searchable schedule of community health & wellness events.](#)

Glens Falls Region.com

Helpful Links

[Glens Falls Hospital](#)

[Glens Falls YMCA](#)

[Warren County Public Health](#)

[Washington County Public Health](#)

[CDC](#)

[New York State Department of Health](#)

[Hudson Headwaters Health Network](#)



Adirondack Regional Chamber of Commerce

Workplace Health & Wellness Council

The ARCC Workplace Health & Wellness

Council is committed to developing and sustaining a culture of wellness in the business community. Please visit our updated [page](#) for the latest.

TO READ

This March, a week long event was held at [Family YMCA of the Glens Falls Area](#) to provide an opportunity for all community members to explore the various programming and local organizations committed to healthy lifestyles. The event offered demonstrations from acupuncturists, nutritionists, personal trainers, group exercise instructors, as well as preventative screenings, clinics and general wellness education.



Community collaborations included: 9 Miles East Farms, Walgreens, Fleet Feet, Adirondack Community Acupuncture, [Innova Physical Therapy](#), O'Leary Chiropractic, and [Southern Adirondack Independent Living](#).

YMCA staff provided Bioelectric Impedance Analysis, Nutrition Consultations, Gymnastics & Swim evaluations, ZUMBA® Masters Class, Visual Spin Masters Classes, Facility Tours, Get Started Appointments, Youth Sports, Fitness & Recreation activities.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the United States, 2,700 Y's engage 21 million men, women and children - regardless of age, income or background - to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

[Visit the national Y website here.](#)

TO KNOW

ARCC's Healthy Workplace of the Year Award



The Adirondack Business Council (ABC), a group of dedicated Chamber volunteers, hosts an annual Awards Breakfast event in June that recognizes an organization's history, business philosophy and contributions to the community. Chamber members are nominated for the following categories of awards: Steven M. Sutton Small Business, Large Business, Professional Business, Rookie Business, Independent Business, **Healthy Workplace**, and the Nonprofit Business of the Year Award.

For the fourth year in a row, the Adirondack Business Council will be seeking nominations for the Healthy Workplace of the Year Award to identify deserving member businesses that have demonstrated a commitment to employee health promotion and comprehensive workplace wellness.

Criteria includes:

1. Organizational Commitment - demonstration by the organization that it is committed to supporting the wellness of its employees and creation of a healthy workplace.
2. Policies Supporting Employee Health - established organizational policies that promote healthy eating, physical activity and other elements of a healthy workplace.
3. Programs and Environmental Supports - programs, activities and environmental characteristics that are available to advance employee health.



More information to come in this in the near future! Start thinking of an organization you could nominate!

TO DO

Office Ergonomic tips

Ergonomics is a multidisciplinary science which studies work and how we, as humans, interact with the job setting. In essence, it is fitting the job to the worker. The basic principles of ergonomics are to improve productivity and product quality, increase comfort, decrease stress and fatigue, and reduce the risk of injury. In the office setting, poor work station design can lead to discomfort, fatigue, and increased stress. These symptoms then lead to poor production or a potential injury.

Organizing your desk to accommodate your work flow may provide more efficiency.

- Keep commonly used office tools and supplies within arm's reach to avoid over extending.

- Computer height and distance from you should be adjusted to decrease fatigue of neck, upper extremities, and even your eyes.
- Desks and chairs should be adjustable to accommodate the different statures of employees.
- Your seat backs should provide you with support for your lower back.
- Micro-breaks and stretching throughout the workday can decrease fatigue and provide static muscles with an increase in blood flow.

The 20/20 micro-break is a good standard to follow. For every 20 minutes of work complete 20 seconds of stretching. Stand up from your workstation or look away from the computer to a distant object to reduce eye strain. These helpful hints will allow you to be more productive and may help the workday go a little faster.

[CDC's Workplace Safety and Health Topics](#)

[WebMD - Office Ergonomics: Using Ergonomics to Prevent Injury](#)

[Mayo Clinic - Office Exercise: Add Activity to Your Workday](#)

[Mayo Clinic - Standing workstations: What you Need to Know](#)

Local Resource:

Occupational Health and Wellness, LLC. 518-322-7130
