

**Agency Wellness Champions Meeting  
6 June 2013**

Notes: Linda Feltes      Energy Break: Jill Winegar, St. Paul Athletic Club

**In Attendance:**

Susan Bishop  
Thomas Conway  
Julie Joyce  
Diane O'Connor  
Stacy Phillips  
Deb Loy

Elizabeth Ossers  
Linda Feltes  
Bruce Zimmerman (MnIT)  
Debbie Lerdahl  
Sandy Stolt

**Physical Activity Programs**

(Please see full presentation in Minutes folder on Work Well website. Physical activity campaigns can be found on the Work Well Resources page: <https://extranet.mmb.state.mn.us/workwell/programs.htm> )

**Energy Break**

Jill Winegar, Fitness Director at the St. Paul Athletic Club, reviewed the value of taking movement breaks at work, and put us through exercises one can do at one's desk. See the exercises at the end of these notes.

**Updates**

- 5K run Sep 13
- 3 How to Run a 5K clinics build up to run
- Hiway Federal Credit Union arranged financial wellness seminars. Have provided these free sessions in at least 6 agencies already—some quarterly, some at division conferences, some just one time.
- Thomas shared the stretch break he created for Revenue. It is very popular 5-minute break for which people can remain in their cubes. See it below.
- Food charter listening meetings: we have been invited, as the AWC team, and agency by agency, to participate in a broad-based public process, with groups and individuals across the state having an opportunity to provide input. Information from listening sessions will be combined with information from a series of Food Charter events being convened around the state to develop a document that can establish clear priorities. For more information on the Minnesota Food Charter process you can go to: [www.mnfoodcharter.com](http://www.mnfoodcharter.com).



**Next Meeting:**

July 30 1:30-3

- Food Charter Listening Session
- Updates



#### Seated Chair:

Toe taps

Foot roll thrus

Chair twists

Double leg lifts with fingers on desk; bonus is you have a swivel - add obliques

Shoulder rolls

Neck presses- all sides

Namaste - chest rest

Bicep curls - create own resistance

Tricep dips on chair

#### Wall:

Squats - 2 and one leg

Pushups from wall or table - add a leg lift

Tri push ups

### **Revenue's Stretch Break posting**

Are you feeling tight, stressed out or tired from your busy daily life? Does it feel like you could use a good stretch to revitalize your body and mind? If so, then I have the perfect opportunity for you. Tax Operations has decided to start daily Stretch Energizers with the support of the DOR Health and Wellness committee. The stretch energizers will begin on Thursday March 28<sup>th</sup> and will be lead daily by myself or Seth Montez at 9 AM and 2 PM. They will also be conducted during the night shift at 7 PM and 10 PM daily. I encourage you to take advantage of this fun opportunity, even if you aren't tired or stressed. These Stretch Energizers will give you a chance to take care of your well-being and get to know some of your co-workers along the way. Attached is a flyer for the Stretch Energizer which includes information about the activity. If you have any questions feel free to contact me. I look forward to seeing you all starting tomorrow.

(For more information, contact [Thomas.Conway@state.mn.us](mailto:Thomas.Conway@state.mn.us))



# Tax Operations Stretch Energizers

Brought to by the Health and Wellness Committee

## What is a Stretch Energizer?

A stretch energizer is a quick 5 minute period consisting of stretching and building relationships with your fellow employees. These stretches are designed to help employees support joint health, increase blood flow and build energy.

## What are the benefits of stretching and moving throughout the day?

There are many benefits that come along with periodic movement and stretching throughout the day. Periodic movements throughout the day can help reduce the risk of high blood pressure, heart disease and certain types of cancer. However, physical benefits aren't the only thing that you can hope to gain from being active at work. According to a study conducted by Jack Groppe of the Human Performance Institute, 37% of employees at a New Balance office reported high energy levels in the middle of the day after the implementation of a program involving more movement at work. Compare that to only 11% prior to the program. Also 42% of 239 employees that took a post-program survey reported increased engagement and focus at work. More movement not only benefits the individual, but the organization as well!

**Start Date:** March 28th

**Location:** Tax Operations south side windows

**Time:** Day Shift- 9:00 AM and 2:00 PM  
Night Shift- 7:00 PM and 10:00 PM

**Duration:** 5 minutes

**Stretch Leaders:** Thomas Conway and Seth Montez

**Stretch Types:**



Stretch Type	Duration
Quadriceps Stretch	30 seconds (15 seconds each leg)
Shoulder rollouts	30 seconds
Windshield wiper (arm up to each side)	30 seconds
Calf stretch	30 seconds (15 seconds each leg)
Hip Flexor stretch	30 seconds (15 seconds each side)
Wrist rollouts	30 seconds
Arm across chest	30 seconds (15 seconds each side)
Torso Twists	30 seconds (15 seconds each side)
Neck Rollouts	30 seconds
Shake it out	30 seconds

\*Remember to always know your limits and only stretch within your comfort zone to avoid injury.