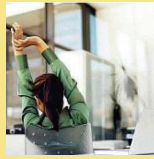


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August 2009 Newsletter

# Let's Get Moving

## Diet & Exercise in the Workplace

### Exercise At Work: Why being busy is no excuse for lack of exercise



In this economy, most of us have been working extra hard, with tons of deadlines to meet and piles of paperwork to go through. Hours and hours are spent in the office, with little or no time to keep fit and stay healthy. But the career-driven person in you must continue looking after your physical health and well being even in these trying times.

Oftentimes our workload refrains us from doing what should be part of our daily regimen and our hectic schedule is often made an excuse not to visit the gym, continue classes or take time to play one's sport. So read on for a few tips so you will no longer need an excuse to get on your feet - even when at work.

#### BE CREATIVE

Sure, it's really hard to find the time to exercise when you're at work, but all it takes is a little creativity to find the leg room for a little movement here and there. Start your day by parking your car at a farther distance from your office. Or better yet, if possible, walk or bike your way to the office. This will help you start off burning the calories even before you get to work. The walk will also give your legs that much needed stretch before you curl up

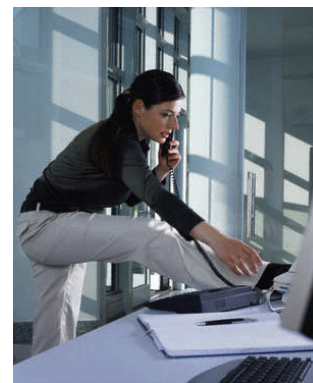
on your seat for the whole day to do that paperwork.

Once in the office, take the stairs instead of the elevator. This will save you from the crowded space and that annoying elevator music. While working, try visiting co-workers and discuss concerns and work personally rather than sending them e-mails. Aside from having the opportunity to move around, personal interaction also promotes interpersonal skill development.

When in your work space, walk around and lift paper weights while talking on the phone or taking a break. Running in place, doing lunges or simulating jumping rope will also do the trick. Stretches and desk pushups are also an alternative strengthener without having to leave your office area.

These tips will surely help you get on your feet and stretch those muscles. Once you start off with these easy and simple movements, you can work your way up to more intense workouts that can be done in the office.

Source: [www.abc-of-fitness.com/info/exercise-at-work.asp](http://www.abc-of-fitness.com/info/exercise-at-work.asp)



*When in your workspace, walk around or stretch while talking on the phone.*



## How to Exercise at Work Discreetly

By Sheel, eHow Community Member

Sitting at your desk all day long is not exactly good for the body. It can also look strange to your co-workers when you break out into jumping jacks or when they see you with weights in hand. So here's a list of different stretches and deskercises that can help burn some calories while at work and can be done discreetly.

### Step 1

Stretching Deskercises:

Sitting straight in the chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.

### Step 2

•Leg/Thigh Deskercises:

Sit straight at the edge of the chair, lift one leg off the seat, extend it out straight, hold for a few seconds; then lower your foot (stop short of the floor) and hold for several seconds. Switch to the other leg. Do each leg 10 times.

•While sitting (feet on the ground), lift up your legs on your toes and set them back down. Repeat these until your legs are comfortably tired. Repeat it again about 10 minutes later. Do this whole routine for about an hour or so, while doing regular work "activities". This will work your calves. For more of a burn, place some weight on your knees (i.e. book, notebook, laptop).

•Lean forward as though you're going to get out of your seat. When your rear end is barely off the seat, hold that position. See how long you can hold it, using only your arms for balance.

•Strengthen your inner thighs. Place a water bottle or small object between your feet. Try to lift the item off the floor and squeeze your legs together at the same time. You can also place a pillow or other soft object between your knees and squeeze.

### Step 3

Buttock Deskercises:

Tighten your buttocks, hold for 10 seconds, and then relax. Repeat 10 times.

### Step 4

Abdominal (abs) Deskercises:

Suck in your gut. Tighten your tummy muscles and hold for as long as possible and release. It is important to inhale as much air as possible and exhale until your belly is big. Exhaling also works the abs as well as inhaling. Repeat throughout the day.

### Step 5

Arm/Leg Aerobic Deskercises:

While seated, pump both arms over your head for 30 seconds, and then rapidly tap your feet on the floor (football-drill style) for 30 seconds. Repeat 3-5 times.

# Get Ready to Deskercise - the new health craze

Here's some good news: Daily exercise improves your brain function and helps to handle stress.

Here's some better news: You can exercise even while sitting in your office.

Even if you are a workaholic and don't really care about six-pack abs, it is well known that regular work outs and physical activity promotes a healthy, active brain. More oxygen flow means more attentive thought and better focus during regular office work.

And the best part: You don't really need a day off in order to work out. So no more excuses! You can get in shape in office, at your desk. Office exercise or "deskercise" is a great way to keep your body active, it might look a little weird to your co-workers, but as soon as they understand what you are up to, you can become a private office trainer.



*Definition: (noun) exercise, usually stretching and calisthenics, that can be performed while someone is sitting at a desk.*

Source: [www.articlesbase.com/business-articles/time-to-do-some-chair-workout-get-ready-to-deskercise-the-new-health-craze-for-workaholics-like-you-1063838.html](http://www.articlesbase.com/business-articles/time-to-do-some-chair-workout-get-ready-to-deskercise-the-new-health-craze-for-workaholics-like-you-1063838.html)

## Get Ready to Deskercise continued:

### Move your feet:

1. Position legs at 90 degrees. Start lifting your feet and toes while keeping the heel on the floor.
2. Now do the opposite. Leave the toes on the floor and lift your heel.
3. This time combine the two exercises into one continuous workout and create a swinging movement from back to front.

### Wiggle your hips:

1. Move your hips backwards and forwards. This exercise will also relieve pressure from your back.
2. Turn your hips in a circular motion while moving your weight from one side to the other.
3. Now combine the two (think that you are drawing the number 8 on the chair).

### Some isometrics:

1. Flex and relax your abdominal muscles.
2. Open your palms to the max, hold them stretched for a couple of seconds and then make a fist.
3. Roll both shoulders at a circular motion, front and back.
4. Turn your head around. With your shoulders and body relaxed, slowly turn your head to the

right, wait a couple of seconds, then center, wait, then left and repeat.

5. Breathing exercise: Close your eyes, breathe deeply through your nose and slowly exhale for a couple of minutes.

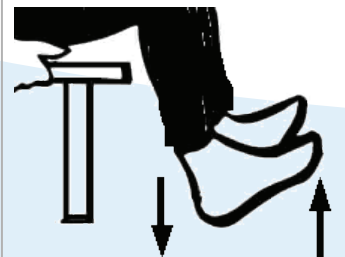
Remember that sitting in a chair can cause back, shoulder and neck pains, even headaches. So be dynamic in your sitting:

1. Change your position once in a while.
2. Stretch during your lunch break and improve your blood flow.
3. If you talk on the phone a lot, move the handset from one side to the other.
4. Try and use the mouse with your "weaker hand".
5. Rise from the chair, stick your chest out and lift your head up.

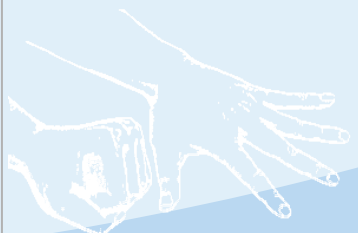
If you still suffer from back pains, neck pains or headaches, examine your general posture. Remember to sit straight and avoid slouching over the desk and keyboard. Poor posture can lead to permanent back damage. You might also want to consider getting an ergonomic office chair that can support your body and help you keep a healthy posture.



*Roll both shoulders in circular motion front and back.*



*Lift feet and toes while keeping heels on the floor. Now do the opposite, lift heels while keeping toes on the floor. Now combine the two into one continuous workout and create a swinging movement.*



*Open palms to the max, hold them stretched for a couple of seconds and then make a fist.*



# How to Outsmart the Mid-Morning Snack Monster

By Jukota

Source: [http://www.ehow.com/how\\_5088107\\_outsmart-midmorning-snack-monster.html](http://www.ehow.com/how_5088107_outsmart-midmorning-snack-monster.html)

If you're one of those people who experience a slump around 10:00 in the morning, even after you've eaten breakfast, here are five tips that will give you extra energy right up until lunch time! It isn't always what you eat, but when and how you eat it!

1. Eat within one hour of waking up. If you wait too long to eat your body may want to make up for lost time. After all, you probably haven't eaten anything since the night before, and now that you're awake and moving around it's time to fuel up and give your body some good nutrition to utilize!
2. Eat a balanced meal, even if it's a small one, **before** you eat anything else. A little bit of protein, carbohydrates and fat in a small amount is better for balancing your metabolism than too much of any one thing, especially when you're starting out your day. Add extra fiber whenever you can.
3. If you drink coffee—have it **with** your meal instead of **before** your meal. Many have their coffee first thing in the morning to get that experience of 'perking' up. Having caffeine the first thing in the morning can spike your metabolism and then your body tries to play 'catch up' all day long, trying to match that elevated experience. Having your coffee with your meal will help to stabilize your metabolism, thus making it easier for your metabolism to stay on a more even keel through out the day.
4. Take a bite of protein before you eat anything else. Eating protein first is like banking the fire for your energy. Eating carbohydrates can be like starting a fire with just kindling; it burns quickly but then fizzles out unless you have some logs (protein) to put on the fire.
5. Make breakfast your biggest meal. Switching the amount of calories you have for supper to breakfast instead will help regulate your metabolism throughout the day. It can give you energy to burn. Eating a smaller meal at the end of the day will help you cut down on calories before you go to bed, giving your body a chance to digest food **before** you go to sleep instead of trying to digest a heavy meal **while** you sleep which could interrupt your sleep, which will make you tired in the morning.

## Help, I'm Hungry! Healthy Snacking on the Go

By Jennifer R. Scott, About.com

To keep your metabolism going strong and to prevent overeating, it's important to have a healthy snack about every three to four hours. If you are at home, it's fairly easy, but what about everywhere else? Here are some ideas for healthy snacks that are good to go.

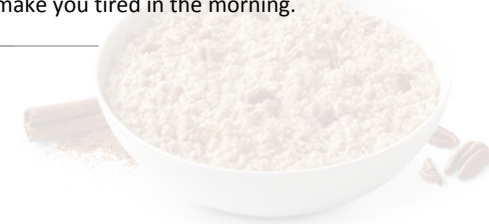
### In Your Car:

- Almonds (unsalted preferably)
- Animal crackers
- Fruit snacks
- Graham crackers
- Mixed nuts
- Trail mix



### Your Desk Drawer at the Office:

- Canned fruit
- Fruit (apples will store the best)
- Instant oatmeal
- Canned shakes (e.g. Carnation Instant Breakfast, Slim-Fast)
- Microwave soup cups (broth-based and low sodium preferably)
- Peanut butter and whole grain crackers



### In the Mini-Fridge at the Office:

- Egg (hard-boiled ahead of time)
- Low-fat or non-fat yogurt
- Single serving orange juice bottles
- Single serving tomato juice cans
- Skim string cheese
- Sliced veggies and reduced-fat salad dressing
- Edamame

### In Your Purse or Backpack:

- Baked or reduced-fat potato chips in a zipper bag
- Baked tortilla chips in a zipper bag
- Cereal (low sugar preferably) in a zipper bag
- Cereal bar
- Granola bar
- Mixed nuts in a zipper bag
- Popcorn (preferably air-popped) in a zipper bag
- Pretzels in a zipper bag
- Raisin mini boxes



## Importance of Drinking Enough Water

Water is a mineral that is necessary for proper bodily function. Your body is made of mostly water and when your body is dehydrated, it does not function properly. The benefits of water include:

- Regulation of your body temperature
- Carry nutrients, oxygen and glucose to the cells to give you energy
- Removal of waste from the body
- Provides natural moisture to the skin and other tissues
- Cushions joints and helps strengthen muscles

So how much water should you drink daily? Because your body loses fluid from ways other than exercising, like breathing, everyone's suggested water intake may be slightly different. However, it has been suggested that the suggested fluid intake for everyone is about 2 liters of water a day. This breaks down to drinking 8 eight ounce glasses of water per day. Often people might wait until they are thirsty to drink water. This is not a good indicator because when you feel thirsty, your body is already dehydrated. The key is to drink water throughout the day to avoid feeling thirsty.

In order to avoid dehydration, here are some tips for ensuring you are getting enough water throughout the day:

- Drink water before, during and after exercising
- If away from home most of the day, take a water bottle with you to gradually drink while you are out
- Take water breaks at work instead of tea or coffee breaks
- Drink water with meals instead of soda or other carbonated beverages

Source: [www.getupanddosomething.org/AvoidInjury\\_DrinkingWater.htm](http://www.getupanddosomething.org/AvoidInjury_DrinkingWater.htm)

# The relationship between diet, exercise and work

Source: [http://www.smallbusinessbible.org/relationshipbetweendiet\\_exercise.html](http://www.smallbusinessbible.org/relationshipbetweendiet_exercise.html)

The relation linking both diet and exercise to the working life of an individual is that they provide a twofold effect, in providing the working individual, with an improved and healthier lifestyle.

It may happen that you're working 8 to 10 hours a day. Your work requires you to be glued to the vicinity of your workstation, especially if your work is computer related. Your legs are cramped with tension, as you haven't moved since early morning. Giving your body a thorough exercise workout, such as stretching your arms and legs, could release the tension you're experiencing. Moreover eating something high in protein could also help in providing you with the essential nutrients. A dark green salad with a mixture of organic fruits would be a good choice. Proper nutrition and exercise helps in maintaining your fitness, and your ability to make good and effective decisions while you're working.

Diet and exercise are both aimed at preventing the working individual from developing work related sicknesses, such as a heart attack, high blood pressure, migraines and severe joint pains.



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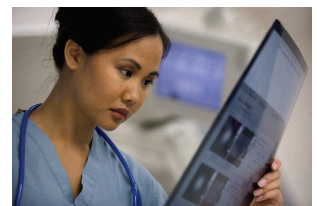
## next issue:

### Screening:

The importance of screening and early detection, it could save your life.

## Early Screening: It could save your life

Getting early screenings are very important for early detection of diseases. Most diseases, if detected early, can be treated and the patient can live a long and healthy life. Don't wait until you do not feel well to see your doctor; make a schedule with your doctor for your check-ups and screenings, it could be a matter of life and death. Check with your doctor or insurance provider for more information on preventive health and early screenings.



# DSI IN THE MEDIA



## Heartbeat of America



We are proud to announce that **DANONE SIMPSON INSURANCE SERVICES LLC** has been selected to appear on the **Heartbeat of America National Television Show** hosted by William Shatner. It will be aired over the **American Life Television Network** and other media.

The story of our organization's success and the ways it has been benefiting others, and helping move our country forward, will be told. Our company will also be presented with the prestigious **Heartbeat of America Award** by **Retired Rear Admiral Kevin F. Delaney**. This award has previously been presented to Nobel Prize winners, mayors, corporate leaders, business and professional organizations that embody America's entrepreneurial spirit.



## DSI in the San Fernando Valley Business Journal

- Ranked as the 25th Best Woman Owned Business in 2009
- Ranked # 16 for total premium among insurance brokers in 2008
- Ranked # 8 for most premium growth in 2008
- President Danone Simpson nominated as Female Business Owner of the Year
- Human Resources Director and DSI's lead HR Consultant Susan Dubin winner of the Valley's top HR award
- Account Executive Tobias Kennedy nominated for the Top 40 Under 40



Sitting at a desk or computer terminal can cause muscular tension and pain. Take a few minutes to do a series of stretches and your whole body will feel better. It is helpful to stretch spontaneously throughout the day, stretching any area of the body that feels tense. This will help greatly in reducing and controlling unwanted tension and pain.

(Most of these stretches may be done standing or sitting. When standing remember to keep your knees slightly bent to protect your back and to give you better balance.)

# Ergonomic Workout

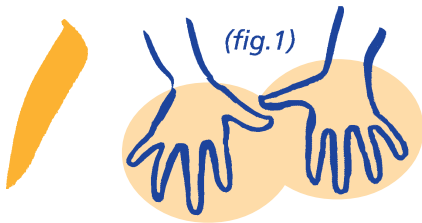
## How to stretch

- ★ Stretch to a point where you feel a mild tension and relax as you hold the stretch.
- ★ The feeling of stretch tells you whether you are stretching correctly or not.
- ★ If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch.
- ★ Do not bounce.
- ★ The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- ★ Stretches should be held generally for 5–30 seconds, depending on what stretch you are doing.

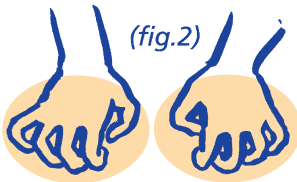
- ★ Breathe slowly, rhythmically and under control.
- ★ Relax your mind and body as much as possible.
- ★ Always stretch within your comfortable limits, never to the point of pain.
- ★ Do not compare yourself with others. We are all different. Comparisons only lead to overstretching.
- ★ Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.

**Note:** If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise program.

The shaded areas are those areas where you will most likely feel the stretch.



Separate and straighten your fingers until tension of a stretch is felt (fig.1). Hold for 10 seconds. Relax, then bend your fingers at the knuckles and hold for 10 seconds (fig.2) Repeat stretch in fig.1 once more.



Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth and stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch for 5–10 seconds. Caution: If you hear clicking or popping noises when opening mouth, check with your dentist before doing this stretch.



**Shoulder Shrug:** Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3–5 seconds, then relax your shoulders downward. Do this 2–3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blades. Hold this feeling of mild tension for 8–10 seconds, then relax. Do several times.



Start with head in a comfortable aligned position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch for 5–10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2–3 times each side.



From a stable, aligned position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5–10 seconds. Repeat, each side twice.





Repeat stretch #3

Gently tilt your head forward to stretch the back of the neck. Hold for 5–10 seconds. Repeat 2–3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

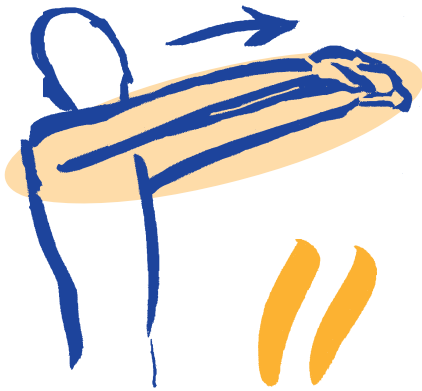
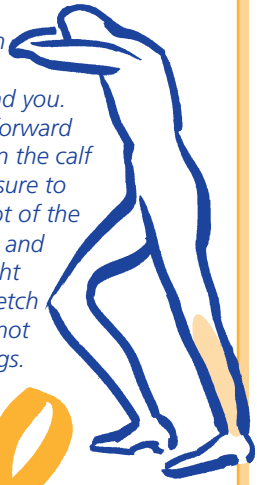
Standing with knees slightly bent, place your palm on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 1–10 seconds. Repeat twice. Use this stretch after sitting an extended period of time.

9



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 10–30 seconds. Do not bounce. Stretch both legs.

10



11

Interlace fingers, then straighten arms out in front of you, palm facing away from you. Hold stretch for 10–20 seconds. Do at least two times.

Interlace fingers then turn palms upward above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10–20 seconds. Do three times.

12



13

Hold right elbow with left hand, then gently pull elbow behind head until an easy tension stretch is felt. Hold 10–15 seconds. Do not overstretch. Repeat for other side.

With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5–15 seconds. Do twice.

14



Hold onto the back of your upper leg just above the knee. Gently pull bent leg toward your chest until you feel an easy stretch. Hold for 10–30 seconds at easy stretch tension. Do both sides.

15



Sit with left leg bent over right leg and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this look over your left shoulder to get the stretch feeling. Do both sides. Hold for 10–15 seconds.

16

