

INDUSTRIAL ATHLETE

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STRESS REDUCTION

Are you sick of the same old workout, do you want to try something new? Then I would like to invite you to try the aerobics classes, incentive programs, and recreation activities held at the Ernest Lofton Fitness Center. The Fitness Center provides an array of aerobics classes ranging from kickboxing to yoga to martial arts; there is a class for everyone. To liven up your workout, sign up for the monthly incentive programs. With friendly competition you could see dramatic improvements in your workouts. If you are looking for activities outside the Fitness Center, then keep your eyes open - our bowling and golf outings are right around the corner!

Stress

Stress is America's # 1 Health Problem!

Surveys and Research reports over the past two decades reveal that:

- 43% of all adults suffer adverse health effects due to stress.
- 75-90 % of all visits to primary care physicians are for stress-related complaints or disorders.
- Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide.
- An estimated 1 million workers are absent on an average workday because of stress-related complaints. Stress is said to be responsible for more than half of the 550,000,000 workdays lost annually because of absenteeism.
- Nearly half of all American workers suffer from symptoms of burnout, a disabling reaction to stress on the job.

How to rid yourself of stress

April is National Humor Month, and what better way to get rid of stress than by laughing. It's a proven fact that laughter increases relaxation, so this month, see if you can turn that frown upside down with some of these laughter tips.

- Find things that make you laugh and do them. Watch a funny movie, read a funny book, or try repeating a funny joke to others.
- Use gentle humor to defuse tense situations. Be careful not make fun of others. Joking about someone else's failings is not funny.
- Invite humor from others and share your laughter.
- Send a silly email or bouquet of balloons to someone you know well who could use a "pick-me-up."
- Play with a pet.
- Talk to someone that makes you laugh.

- Adopt an attitude of playfulness. You don't have to be outrageous or become a stand-up comic. You can still make it clear to the people around you that you know how to laugh.

Remember, smiles are contagious, so smile and pass it on!!!