

# WORKINGwell FOR LIFE

A complimentary newsletter from WorkingWell Solutions of Sheboygan

920-207-2740 • info@workingwellsolutions.com • www.workingwellsolutions.com

## TIP OF THE MONTH

**Keep a calendar  
of your workouts  
so you can track  
your progress  
and stay  
motivated.**

*Workingwell Solutions is a Sheboygan-based company offering a variety of job-site programs to assist with injury prevention and loss control. These services are designed to reduce worker's compensation costs and employee absenteeism while improving overall health, productivity, and job satisfaction. Our programs are customized to meet the individual needs of each company we serve. We look forward to working well with you.*

## Your Mood Can Affect Your Health

It's nearly that time of year again: The dreaded New Year's Resolutions. Here are some things to consider as you think about the changes you'd like to make in your life.

Mood disorders can affect every aspect of our home and work lives. A study by the RAND Corporation found that depression has proven to be as serious as emphysema or back problems in limiting people physically or causing them to stay in bed. Researchers have spent years investigating the link between mood and physical

activity. Exercise is obviously beneficial for your physical well being, but can it also make you a more positive person? According to a study published in 2005 by the American Journal of Preventive Medicine, "A modest amount of regular exercise effectively relieves mild to moderate depression." This is particularly true if the exercise is continued over time.

Therein lies the challenge! It's easy to get started on a program – but to continue that program over time can become difficult. However, it is essential in order to achieve those positive results. Here are some ideas on how to stay the course:

- Pencil it in! Just like you schedule doctor appointments, music lessons, favorite TV shows, etc., schedule time to exercise.
- Workout with a friend. It's too easy to cancel if it's just you.
- Think of creative ways to be active and healthy. Make it a lifestyle change – park farther from your destination, take the stairs instead of the elevator. Now you're getting the idea.
- Try a group fitness class. Exercising in a group can be very social and more interesting than going it alone.
- Set goals and reward yourself. When you complete three exercise sessions in a week or meet your monthly goal, schedule a massage or buy a new exercise outfit.
- Choose an activity you enjoy. If running is not your thing, try walking or cycling. There's got to be something out there that works for you!



Studies have shown that participating in some type of physical exercise 3-5 times per week can have a positive impact on your mood. Give it a try!

## STAT OF THE MONTH

**Depression will be  
the second largest  
killer after heart  
disease by 2020.**