



## Summer/Fall 2007 Newsletter

### PRESIDENT'S ADDRESS

I just returned to work from vacation. I stayed home and went on day trips with my family. Oh how I love summer in Vermont!! In fact, it is hard to sit inside when the sky is blue and the sun is out. I think my kids were ready for me to go back to work, so that they could get some "down time", or as my 7-year-old daughter calls it, "electronics time" (i.e. computer, TV and video games).

So what's new at IHMS? Thanks to all our loyal customers we are as busy as ever. As many of you might have heard, Charles and his wife had a baby boy at the end of June. Martha married off both of her children; Nikki in July and Josh in August. She is now anxiously awaiting grandchildren. Chris Herskowitz is off for the summer to enjoy her children, but will be back in the fall. We can't wait to get her back. The remainder of the staff has taken time off to enjoy the great summer weather and their families.

We are still looking for an OT or PT to join our team. If you know of anyone who you think would be a good fit, there is a finder's bonus so spread the word!

Our fall focus in the Preventative Body Maintenance Program is going to be on education with our mini-lectures and adding body fat, BMI testing, and balance. I have ordered balance discs and some high tech body fat machines for each therapist. So look for more challenge the next time you or your employees are tested. We will also have IHMS t-shirts to give away as prizes when employees improve their scores and overall fitness.

As we finish our 4<sup>th</sup> year in business (year 5 starts April 1<sup>st</sup> 2008), we are thankful for your support.

-Louise Lynch, President

## B e l l y   F a t

### BELLY FAT BUSTER

Summer is coming to an end and we will be covering our bodies up soon, but, reducing belly fat is more than a vanity issue. Studies have shown that increased belly fat (anterior abdominal girth) increases the risk of low back pain, heart disease and diabetes. It is recommended that your girth not be more than half your height. I have tried everything under the sun and here are some of my tips for reducing your belly fat.

- 1) Calories in cannot exceed calories expended. It's basic math. The amount of calories you need depends upon your size and activity level. You should check with your doctor the amount of calories you need to maintain your desired weight. Read labels and be aware of how many calories you need. See Rebecca, our nutritionist if you need a jump start.
- 2) Exercise first thing in the morning before you eat. Maintain a workout intensity of 60-80% of your

maximum. Start with a hot cup of lemon water to get your stomach working. While you exercise you sweat, but you should be able to talk. Also, tighten those abdominal muscles and stand tall while you walk.

- 3) Eat breakfast - this should include some protein and complex carbohydrates. (ex-bagel and peanut butter)
- 4) Alternate drinking heated water and cold water throughout your day. You need at least 8-10 glasses per day and more if you exercise.
- 5) Do a variety of abdominal exercises at least every other day and tighten the abdominals throughout your day without holding your breath.
- 6) Foods that help: fruits/vegetables especially the ones that are orange in color, get more selenium (check labels), 25% of your calories should be from protein especially fish, chicken, and lean red meat, drink a glass of wine a day (avoid beer, no "beer bellies"), eat the right fats, omega 3 (i.e. flax seed, walnut, tofu) and monounsaturated are good. Trans fat and omega 6 are not good for the belly, reduce processed carbs.

Good luck!!!! Let us know if you need help.

## F e a t u r e d   C o m p a n y



What can you say about almost every aircraft flying today? Goodrich is on it. Goodrich Corporation, a Fortune 500 company, is a global supplier of systems and services to the aerospace, defense and homeland security markets. Their 130 year history began with tires that helped the historic Wright Brothers get off the ground and into flight in Rheims, France in 1909, to developing space suits for NASA.

We are also impressed by Goodrich's efforts in improving employee wellness and would like to recognize their recent accomplishments. In May of this year, Goodrich's Vergennes facility was awarded the bronze award as part of the President's Council on Physical Fitness and Sports. The awards recognize activities that help promote healthy behavior and prevent disease. Goodrich received the bronze award in the category of businesses with 501 to 999 employees.

Goodrich's most recent wellness innovation is the integration of the wellness program into its ergonomics program, according to Mark Atkinson, Environmental, Health and Safety Manager.

"The wellness program at Goodrich is a highly visible program that speaks to the business' commitment to the well-being and health of its employees and their families. In turn, the program helps to retain the talent that we recruit." Mark said.

IHMS is proud to be a part of this effort. We have been working with Goodrich Corporation at their Vergennes location since early 2006. The relationship with Goodrich was initiated through the Preventative Body Maintenance Program (PBM™). CHD Meridian, who provides support health services for Goodrich Corporation has been an integral part of the health promotion process. Employees were initially reluctant to participate in the program, but became excited

about opportunities offered to improve overall health and wellness. In addition to PBM, IHMS has been able to become active in supporting employees in using their onsite gym, developing a relationship with their onsite fitness staff for development and promotion of employee work stretching programs, working actively with their onsite nurse and case manager, and initiating early intervention with injuries. We are also working with Mark Atkinson to develop an aggressive ergonomic injury prevention plan to include job analysis, job coaching, workstation evaluations, injury prevention trainings, and ergonomic assessments of both the office and manufacturing environments. IHMS is currently onsite 3 days per week in order to support Goodrich's continued wellness efforts.

## Nutrition Corner -Rebecca Flewelling

### PORTION CONTROL

It's no secret that maintaining a healthy weight can be tough. One reason is that it's easy to overestimate the size of a serving. Keep in mind a handful of everyday objects will help you gauge portion sizes and make healthy decisions.

A (3) ounce piece of cooked meat, poultry, or fish matches a deck of cards in size. For protein rich peanut butter, think of a ping pong ball, which equals about 2 tablespoons worth. You can't go wrong by filling up on leafy, colorful veggies. A baseball equals 1 cup, so round out your meal with a favorite green or yellow or red veggie. Half that baseball is the equivalent of  $\frac{1}{2}$  cup of starches, such as cooked rice, potatoes, and pasta.

Make it sweeter with a reasonable dessert. Fruits are a good choice; each serving should be about half as big as a baseball. Dried fruit is an exception- a portion should be  $\frac{1}{4}$  cup, or the size of a large egg. Four to six stacked dice equal a  $\frac{1}{2}$  ounce serving of hard cheese, such as cheddar.

Familiarize yourself with recommended portion sizes for various good for you foods, and enjoy a healthier body and healthier life.

*For more information on how you or your company can benefit from Rebecca's services, please contact her at 802-899-5147 or call IHMS at 802-655-7575.*

## Stress Prevention Month

### NOVEMBER IS STRESS PREVENTION MONTH AT IHMS

We have introduced an improved Stress Prevention and Management Class into our Training Center. Based on the feedback we received we are creating a Stress Reduction program in three major modules and will unveil this program in November. This will be available not only through the Training Center, but also as an onsite tool for the workplace.

**Module 1- Stress Prevention Program:** This class will be geared toward management, HR, and Safety Professionals to evaluate the stress factors in your workplace and develop a management plan. This is a two hour class.

**Module 2- Stress Management Program:** This class is geared toward HR, Supervisors, and Employees and outlines how stress impacts the body and provides an

overview of techniques to implement individually and in your workplace. This is a two hour class.

**Module 3- Stress Management Tools:** These classes are for anyone. There will be several one hour classes on the following topics related to stress such as, conflict resolution, positive self talk, exercise, nutrition, progressive relaxation, conscious breathing, mindfulness, biofeedback and guided imagery.

## Burlington Marathon Results

The Body Mechanics relay team finished the Burlington City Marathon in 4h: 18m: 8s and had an average mile of 9 min 51 sec.



The Body Mechanics:

Erica Galipeau  
Amy Benson  
Louise Lynch  
Chris Lynch  
Chris Lavalette

## 2nd Annual Food Drive

We are proud to announce that our 2<sup>nd</sup> Annual Food Drive to benefit the Chittenden Emergency Food Shelf during the month of June was a great success. Together we were able to donate 414 pounds of food. A special thanks to Vermont Teddy Bear Co., Burlington Police Department, BF Goodrich, Engelberth Construction, and Cardinal Comp.

## In Conclusion

If you enjoyed this newsletter why not share it with someone you know? To be added to our newsletter mailing list or to receive an electronic version in a word format, please call Bridget at 802-655-7575 or e-mail her at [Bridget@ihmspt.com](mailto:Bridget@ihmspt.com). The next newsletter will be out in time for the New Year.

Best Regards,

Louise Lynch, PT	Erica Galipeau, PT
Kim Fuller, PT	Amy Benson, PT
Charles Alexander, OT	Martha Burroughs
Penny Bolton	Mike Lynch
Bridget Mientka	Chris Herskowitz, PT

