



# General Information Regarding Wellness

Presented by  
Ralph Roanhorse,  
Management Analyst

---

# Need for a Wellness Program

- Nearly 70% of health care costs are from common illnesses related to high blood pressure, obesity, lack of exercise, high cholesterol, stress, poor nutrition, and other preventable health illnesses (Hall, 2006).
- Health care costs are a major expense for most businesses. Current health care expenses for the Navajo Nation Employee Benefit Plan \$19 million and rising.

# Benefits of a Wellness Program

- Healthier employees and community members
- Lower health care expenses
- Decrease absenteeism
- Increased productivity
- Increased morale

Nutritional Facts	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Angus Bacon & Cheese	790	250	39	60	18	88	2	150	49	1990	83	63	21	4	15	3	45	10	4	30	35
Angus Deluxe	760	350	39	60	17	83	3	135	46	1640	68	61	20	4	16	10	40	15	8	30	35
Big Mac	550	260	29	45	10	51	1	75	25	970	40	46	15	3	13	9	25	4	2	25	25
Quarter Pounder with Cheese	520	240	26	41	12	61	1.5	95	31	1100	46	41	14	3	11	10	30	10	2	30	25
Hamburger	250	80	9	13	3.5	16	0.5	25	9	480	20	31	10	2	6	6	12	2	2	10	15
Cheeseburger	300	110	12	19	6	28	0.5	40	14	680	29	33	11	2	7	7	715	6	2	20	15
Crispy Chicken Classic Sandwich	510	200	22	33	3.5	18	0	45	16	990	41	55	18	3	13	10	24	4	6	15	20
Grilled Chicken Classic Sandwich	350	80	9	13	2	9	0	65	22	820	34	42	14	3	13	8	28	4	8	15	20
Hot'n Spicy McChicken	380	160	7	27	3	16	0	35	12	1030	43	41	14	2	9	22	15	0	0	15	15
Filet-O-Fish	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
McRib	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Chicken McNuggets (4 piece)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Chicken McNuggest (6 piece)	280	160	18	27	3	15	0	40	13	540	22	18	6	1	4	0	13	0	2	2	4
Chicken Breast Strips (3 piece)	380	210	23	35	3.5	16	0	55	18	750	31	21	7	1	3	0	23	0	4	2	4





## Start Here

Check Serving Size

## Check Calories

## Limit These Nutrients

## Get Enough of These Nutrients

# Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container 4

Amount Per Serving

Calories 90      Calories from Fat 30

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 270%      •      Vitamin C 10%  
Calcium 2%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Quick Guide to % Daily Value

5% or less is low  
20% or more is high

## Footnotes

## USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

### Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

### Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

### Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250    **Calories from Fat** 110

**% Daily Value\***

**Total Fat** 12g    18%

Saturated Fat 3g    15%

*Trans* Fat 3g

**Cholesterol** 30mg    10%

**Sodium** 470mg    20%

**Potassium** 700mg    20%

**Total Carbohydrate** 31g    10%

Dietary Fiber 0g    0%

Sugars 5g

**Protein** 5g

**Vitamin A**    4%

**Vitamin C**    2%

**Calcium**    20%

**Iron**    4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

### Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

### Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

### For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.



	125 pound person	155 pound person	185 pound person
<b>Gym Activities</b>			
Weight Lifting: general	90	112	133
Aerobics: water	120	149	178
Stretching, Hatha Yoga	120	149	178
Calisthenics: moderate	135	167	200
Aerobics: low impact	165	205	244
Stair Step Machine: general	180	223	266
Weight Lifting: vigorous	180	223	266
Aerobics, Step: low impact	210	260	311
Aerobics: high impact	210	260	311
Bicycling, Stationery: moderate	210	260	311
Calisthenics: vigorous	240	298	355
Circuit Training: general	240	298	355
Elliptical Trainer: general	270	335	400
Aerobics, Step: high impact	300	372	444
Bicycling, Stationery: vigorous	315	391	466

## Training and Sport Activities

Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Frisbee	90	112	133
Volleyball: non-competitive, general play	90	112	133
Golf: using cart	105	130	155
Horseback Riding: general	120	149	178
Tai Chi	120	149	178
Volleyball: competitive, gymnasium play	120	149	178
Walk: 3.5 mph (17 min/mi)	120	149	178
Walk: 4 mph (15 min/mi)	135	167	200
Skateboarding	150	186	222
Softball: general play	150	186	222
Walk: 4.5 mph (13 min/mi)	150	186	222
Dancing: disco, ballroom, square	165	205	244
Golf: carrying clubs	165	205	244
Dancing: Fast, ballet, twist	180	223	266
Hiking: cross-country	180	223	266
Swimming: general	180	223	266
Walk/Jog: jog <10 min.	180	223	266
Racquetball: casual, general	210	260	311
Soccer: general	210	260	311
Tennis: general	210	260	311

Basketball: playing a game	240	298	355
Bicycling: 12-13.9 mph	240	298	355
Football: touch, flag, general	240	298	355
Rock Climbing: rappelling	240	298	355
Running: 5 mph (12 min/mile)	240	298	355
Swimming: backstroke	240	298	355
Volleyball: beach	240	298	355
Football: competitive	270	335	400
Running: 5.2 mph (11.5 min/mile)	270	335	400
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, karate, kickbox	300	372	444
Racquetball: competitive	300	372	444
Running: 6 mph (10 min/mile)	300	372	444
Swimming: laps, vigorous	300	372	444
Swimming: treading, vigorous	300	372	444
Rock Climbing: ascending	330	409	488
Bicycling: 16-19 mph	360	446	533
Running: 7.5 mph (8 min/mile)	375	465	555
Running: 8.6 mph (7 min/mile)	435	539	644
Bicycling: > 20 mph	495	614	733

# Recommendations for a Wellness Program

- ❖ Establish a Wellness Committee
- ❖ Hold health fairs with a variety of preventive health screenings
- ❖ Sponsor fitness challenges, i.e. Biggest Loser
- ❖ Health cooking demonstrations
- ❖ Book club
- ❖ Fitness classes
- ❖ Massage therapy