

WORKOUT AT THE OFFICE

HEALTH IS A PERFORMANCE DRIVER! STUDIES WORLDWIDE HAVE SHOWN THE POSITIVE IMPACT OF INCREASED ACTIVITY LEVELS AND IMPROVED NUTRITION HABITS ON ENERGY LEVELS, OVERALL HEALTH, GENERAL MOOD AND PRODUCTIVITY. YES IT IS TRUE, THE HEALTHIER YOU ARE, THE MORE SALES YOU COULD BE MAKING!

BY CELYNNE ERASMUS

LOCAL IS LEKKER...

A first (in South Africa) of its kind, Momentum Multiply is an online activity programme driven via a USB downloadable step counter where sales staff and other employees and departments can challenge each other and compare how they are doing versus their peers.

Momentum Multiply has revolutionised health benefit rewards by introducing a downloadable pedometer, allowing you to download your steps taken onto an online pedometer community. This way you can increase the benefits gained from the rewards programme (the more you walk, the greater your rewards as you move up the tier status), while maximising your health benefits.

Visit www.multiply.co.za for more detail.

DID YOU KNOW?

The use of a pedometer has been shown to increase activity by approximately 2,100 steps per day, an increase of 27% for the average person. This takes you a long way into making lifestyle changes that will last a life time. □

THE CONNECTION BETWEEN WORK AND WELLNESS

BEING A HEALTHIER SALESPERSON MEANS BEING A MORE PRODUCTIVE SALESPERSON. SO IF YOU WANT TO CRACK THE BUG BUCKS AND GET INTO THOSE KEY ACCOUNTS, WHY DON'T YOU TRY A FEW OF THESE ENERGETIC TIPS?

BY CELYNN ERASMUS

MAKE THE MOST OUT OF YOUR LUNCH BREAK AND GET WALKING.

It's not always easy to find the time to exercise before / after work. Why not move your body more though the day while at your desk or during your lunch break?

You probably know a few tricks already...taking the stairs, parking further away from the door and walking around the office are good places to start. When taking a break – give your mind a chance to recharge itself. That way you'll be more productive and creative when you get back to your sales tasks.

- Get inspired and track your progress. Keep a pedometer clipped to your belt. Not quite making the daily



10,000 step quota? Grab a colleague and go for a brisk walk around the office complex during your lunch break.

- Get outdoors and spend some time in fresh air and sunshine if possible. Remember to take slow, deep & lung-filled breaths to relax and centre yourself. Focus on the muscles you are working on for maximum impact!
- Leave something important in your car (your lunch, your briefcase, etc.) so you have to run out to get it and take the stairs!
- Use the restroom on another floor, taking the stairs and getting your blood flow and oxygen going.
- Deliver documents or messages to co-workers in person rather than by email.
- Keep your walking shoes in your car and stop at the nearest park as you are rushing between meetings. Alternatively, visit the mall on your way to your next meeting and walk the corridors, keeping the pace up (no window shopping!).
- On slower days, simply walk up and down the steps at the office for a quick exercise session. The benefits are not only physical, but purposely taking time away from your computer and telephone will keep you mentally refreshed and sharp.

HEALTHY TEAM BUILDING IDEAS

With many of us spending eight 8 hours or more a day at work, employers can leverage that time to promote better health and consequently, better wealth! Are you or your sales staff giving up health to build wealth? Why not energise and inspire the workplace by incorporating innovative wellness team building activities such as those mentioned below.

1. MEDITATION

Most of us have minds that are filled with the clutter of busy working demands and personal life. In order to focus, think clearly and be receptive to messages you need to relax and de-clutter your mind. Meditation is a very effective way to ensure that all participants get in 'the zone' and are receptive to messages.

Meditation is a 20-minute interactive audio-visual relaxation experience that uses multi-sensory meditation techniques to open and focus your mind. The session includes interaction, auditory and on-screen imagery. There are over 70 different combinations of meditation experiences to choose from, so the

group meditation is uniquely suited to the tastes and preferences of the audience. This unique relaxation experience has been acclaimed as the "ultimate nerve-soother for a punishing lifestyle".

Sounds like a great idea?

Contact The Dream Team at www.dreamteam.co.za.

2. COOK UP A STORM!

Time to spice things up a little. Bring lifestyle interactive activities to the workplace. A healthy corporate cook off is the perfect 'hands on' approach that promotes communication and motivation. Contact www.lifeandsoul.co.za for more ideas.

3. MASSAGE MAGIC

Nothing beats a de-stressing massage leaving you feeling relaxed and rejuvenated. Why not bring the spa experience to your sales desk? Many corporate are now experiencing the benefits and increased morale with offering mini head, back and neck massages at the work place.

NOVEL GIVEAWAY IDEA:

SPA HOME TREATMENT GIFT PACKS (All South African products and all natural ingredients) Includes the products and a Step by step guide on how to use the products as well as a Step by step guide on how to do a massage.

Contact Estelle on (011) 7066527 or 083 407 5828 for more detail.

4. LUNCH N LEARN WELLNESS PRESENTATIONS

"By securing talented and informative speakers, staff will have the distinct privilege of learning how to eat better and be healthier without having to leave the workplace." WELCOA

For energiser sessions that help you 'Manage your energy, not your time' contact Celynn at www.celynnerasmus.co.za or +27 83 656 3096. □

In a fast paced world with exhausting demands on time and performance, Celynn vibrantly presents hands on, real advice that will help you to work better, live smarter and get the most out of every day. Celynn demystifies the complex science of wellness and nutrition into tips and techniques that really work. She will help you to manage your energy, not your time. Email: celynn@celynnerasmus.co.za

