



Your Health and Wellness Journey Starts Now

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Over the past several decades, chronic illnesses such as diabetes and heart disease have been on the rise. Much of this can be attributed to unhealthy lifestyles, poor nutrition and inactivity. Roughly two-thirds of Americans are overweight and 59 percent do not get sufficient exercise.

From an employer's perspective, employees are one of your most valuable assets. Healthy employees are happier, more productive, and miss work less. What organization wouldn't like to decrease employee absenteeism rates, while boosting employee morale? Employers who have implemented health and wellness programs have seen a reduction in sick days, health care costs and workers' compensation and disability claims.

From an individual perspective, would you like to feel better, have more energy, and get more accomplished?

You might be thinking this sounds great, but where do we get started? This is where we can help. Golden State Risk Management Authority has developed a new Health and Wellness Program. Over the next 12 months we will be sharing this program with our members. Each month you will receive an installment of our program, which will include a health and wellness article along with tools and resources to help you take action in implementing your own health and wellness programs. To increase your interest and participation, throughout the year we will be holding various contests. These will range from healthy, yummy recipes, to the most creative ideas for exercising and staying fit. Each month we will announce the previous month's winner.

Stop and take a few minutes to think about your personal health and wellness. What you would like to accomplish over the next 12 months? Would you like to start an exercise program, learn more about nutrition and healthy eating, or maybe lose some weight? Write down these goals. Next, review the [weekly food journal](#) we have included in this month's installment. Using the weekly food journal, write down everything that you eat and drink for the next seven days. Yes, we do mean everything. That includes the two bites of chocolate cake, or the half a soda you drank. Documenting this is an important step in your journey because

it helps us become aware of what we put in our mouths. According to the American Journal of Preventative Medicine, “People who keep a food journal lose twice as much weight than those who rely on dieting and exercising alone.” For those tech savvy individuals there are several smartphone apps that will allow you to track this electronically. There are also websites such as WebMD (<http://www.webmd.com/diet/food-fitness-planner/default.htm>) that have similar programs.



10th Annual Training Day

As another step in your health and wellness journey, join us at our [10th Annual Training Day](#), on October 23, 2014, at Rolling Hills Resort. We are excited to welcome back [Fred Shafer](#). Fred will be exploring physical and mental health and their direct correlation with workers’ compensation.



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