



March 2018: The Relationship Between Excelling at Work and Physical Wellbeing



Welcome to the March edition of TotalWellbeing, your guide to the [8 areas of wellbeing](#). So far, we've looked at [enhancing your financial wellbeing through money smarts and the relationship between nutrition and your environmental wellbeing](#). With a lot more wellness topics to cover this year we will continue to emphasize the concept of community and look at how our actions affects our community, states, and even other countries.

To your total wellbeing,
The MINES Team

How Physical Wellbeing Affects Your Ability at Work

Your physical wellbeing can impact just about every other part of your overall health. If you're impaired physically it can affect your ability to think, socialize, maintain optimal energy levels, and can negatively affect your mood and even lead to depression. With this in mind, it's easy to see how physical wellbeing can impact your ability to work effectively no matter what job you may have. This is why it is important to maintain your physical wellbeing by exercising regularly, eating healthy foods, and being mindful about how you manage stress. Take this month to examine how to incorporate more activity into your day to get your heart pumping, even if it's just a short walk every day, a little bit is better than nothing. Save time by doing healthy activities while working such as quick "deskercise" routines or simple stretches during the day. To help, check out exercise and nutrition tips on [PersonalAdvantage](#) if you have it, or even use some of your [wellness sessions](#) through MINES to speak to a coach. If you start building healthy habits now, supporting your physical wellbeing will become second nature and you'll always have the energy and physical ability to excel at your workplace.

To access your wellness sessions, give us a call at 1-800-873-7138 and we will help you get set up right away. Also, [PersonalAdvantage](#) has some great [tools](#) and [webinars](#) this month to improve your knowledge around exercise, nutrition, and healthy habits to support physical wellbeing and be sure to check out our ["Reducing Workplace Stress" infographic](#).

Question of the Month

How could paying attention to your physical wellbeing help you be more productive at work?

Quote of the Month

Training Suggestions

This Month's Focus

[Check out this month's webinar on Workplace Differences](#)

Catch up MINESblog:

- [Don't Feed the Trolls](#)
- [MINES 2017 Review](#)

Check out this Month's Infographic

Important Links

- [Visit our BLOG](#)
- [MINES and Associates](#)
- [2018 Training Catalog](#)
- [Balanced Living Magazine](#)
- [LinkedIn](#)
- [MINES Archives](#)

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**“The part can never be well
unless the whole is well.”**
– Plato

Check out these physical wellness training suggestions MINES would be happy to help put on for your company. Use them in a series or by themselves. Check out our training manual [here](#) to see other training offerings:

1. [Sleep It Does a Body Good](#)
2. [Fitness - No Gym Required](#)
3. [Healthy Back/Healthy Posture](#)

MINES Updates/Community World View

Physical wellbeing can mean something different to each individual and furthermore, many countries around the world have a different approach to fitness and varied statistics around the overall wellbeing of the population. For instance, Japan has one of the lowest obesity rates in the world, with contributing factors being the focus on fresh produce and seafood in their diets and a high average activity levels since most people walk, bike, or take public transit to work. The US on the other hand had one of the highest obesity rates in the world caused by low activity rates and high levels of processed and fatty foods. Therefore it's important to focus on your own activity and encourage others to eat well, walk more, and in time we may be able to shift our communities towards a healthier life style that supports our physical wellbeing.

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

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