

# Workplace Wellness

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*A five-week Know Your Numbers program, or design your own to meet your organization's specific health and wellness needs.*

Investing  
in a healthy  
workforce



*For more information or to schedule your workplace wellness program:*

**Call: (603) 238-2244**  
**wellness@spearehospital.com**

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*Our Mission: To provide excellent healthcare  
for our community every day.*

For more wellness tips view our **StepUp to Healthy Eating  
and Living** video series on our web site.

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# Workplace Wellness

## Investing in a healthy workforce



Spere Memorial Hospital is offering area employers the opportunity to invest in workplace wellness by providing onsite programming designed to not only promote employees' personal healthy eating and active living goals, but a healthier work environment overall. We offer two options:

### Know Your Numbers

This five-week program is designed to give your employees the information they need in order to assess and address their current health status.

**Week One:** Lab draws, blood pressure, height, weight and basic handouts available in a health fair format.

**Week Two:** One 30-minute session familiarizes employees with:

- Target glucose, cholesterol, blood pressure and weight goals
- Effects of weight loss and exercise on all measurements
- Initial behavioral strategies to improve eating and exercise habits.

**Weeks Three-Five:** Three different, 30-minute sessions offer a more in-depth discussion on:

- Adopting a heart-healthy diet
- Getting the most benefit from daily exercise
- Setting realistic weight loss goals

### Design Your Own Program

Select from the following health and wellness presentations:

**Heart Healthy Eating:** Get the tools you need to make meaningful diet changes to lower your risk of heart disease.

**Weight Management:** Find out how to set realistic goals, and explore resources that can help you make lasting lifestyle changes to eating and exercise habits.

**Exercise: Every Step Counts:** Learn easy ways to take small steps toward moving more at work and at home.

**Forever Healthy:** Make the lifestyle connection for living well today and tomorrow.

**Back Care & Ergonomics:** There is a “back healthy” way to do every job that can reduce chronic aches and pains.

**Flu & Cold Prevention:** What’s bugging you? Everyday tips on how to stay healthy. (Flu clinics available.)

**Stress Management:** Tap into your mind/body connection to self-regulate your emotions and nervous system, and stop the body’s stress response.

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