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Serving St. Louis to Springfield Missouri and All Points Between

!! It's Here !!  
Your February  
NEWSLETTER  
Has Arrived

### **Exciting New Service Announcement**

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

- Benjamin Franklin

"A business absolutely devoted to service will have only one worry about profits. They will be embarrassingly large."

- Henry Ford

If you've spent anytime around us you know we tend to preach heavily about the ergonomic aspects of your office, case in point - this issue of the newsletter.

This includes getting up regularly, moving around, working at stand up tables, moving monitors around on attached arms . . . pretty much anything to keep you moving, keep the blood flowing, keeping the energy up so that you can be productive during the day and not worn out when you're finished.

Introducing **ERGO WEEKLY** a weekly email message reminding you about the importance of being ergonomically conscience. Each week we will briefly remind you of standing, taking breaks, moving and a whole bunch of other tips. All designed to keep you as healthy and energetic as possible at the office.

Find out more about this FREE service and how to sign up here:

[www.interiordimension.com/ergoweekly](http://www.interiordimension.com/ergoweekly).

Sign up everyone in your office if you wish. The more the merrier.

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Newsletter designed and produced by:  
businessgrowthpartners.net



Interior Dimension, Inc.

February 2015

National Fruit Cake Month

## The Chronicle of The Cubicle

### Getting Up And Moving Is Good For the Butt and Bottom Line

It's not difficult to argue that technology has made our lives easier, more productive and more profitable. But has it cost us in our health. We no longer spend as much time doing the activities we once did, yard work, walking to the trolley or bus, playing sports.

My daughter's family got themselves a Wii for Christmas so they would get their butts off the couch at night and be more active. This says something about our sedentary society and they are a very average family with 2 parents, 2 kids and 2 dogs.

They are not alone in this lifestyle. We've explored this phenomenon before (and will again) about how much inactivity we really experience during our daily routine.

As we begin the second month of the year (a whole 31 days is already gone) how are you doing on the goals you set or resolutions you made on New Year's? If you are like the majority you have revised them downward dramatically or put them back in the drawer for next year. If you are one of those I would encourage you to get them out, dust them off and take a fresh look at them. But first let's do that standing up . . . come on get up off your butt and feel the energy flow and then read them.

It's a simple idea but your emotions change when your body is active. You feel better, more alive, excitement flows. Now that your up and have read your goals let's walk around the office for 5 minutes. A simple act like this will have big benefit if done regularly throughout the day.

Dr. A Toni Yancey, MD, MPH was an evangelist when it came to exercise and movement. Dr. Yancey passed away in 2013 from non-smokers lung cancer. Her book, Instant Recess, Building a Fit Nation 10 Minutes At A Time. 2010, is a manifesto of sorts that provides a strong case that we are heading in the wrong direction. But she also indicated that to turn us around will not take a huge effort, just brief interludes with activity.

Her research indicated that we have been steadily declining in physical activity in both children and adults since the 1960's. The argument can be made that it has even accelerated in the past 15 years with the invention of email. Cubicle mates are more likely to send emails rather than get up and talk to someone.

Inside this issue:

**Making The Case For Exercising At Work**

**Are Your Nights Supporting Your Days?**

**Tools To Help You Get Fit**

**Ergo Weekly Signup Now Open**

February 2015 —

The Month For:

- ◆ Change Your Password Day, 1
- ◆ Lame Duck Day, 6
- ◆ Girl Scout Cookie Day, 6
- ◆ Man Day, 8
- ◆ Make a Friends Day, 11
- ◆ Quirky Alone Day, 14
- ◆ World Thinking Day, 22
- ◆ For Pete's Sake Day, 26

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## Instant Recess - You're Never Too Old

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Instant Recess ([www.instantrecess.com](http://www.instantrecess.com)) is an organization that was founded by Dr. Yancey to work to combat the sedentary life style we've developed in school and business. This organization has developed complete programs to get people up and moving.

Through speakers, trainers and videos Instant Recess is on a mission to get us up and moving more. Studies have provided evidence of the benefits such as:

Increases in:

- ◆ Productivity
- ◆ Energy
- ◆ Speed and Accuracy, in accomplishing daily tasks
- ◆ Morale and positive behavior
- ◆ Academic performance



And decreases in:

- ◆ Injuries
- ◆ Risk of chronic disease
- ◆ Medical costs
- ◆ Absenteeism

With benefits like these why wouldn't you want people to move more? Yes, you will get push back and refusal to spend the little bit of time but peer pressure and some constant nagging may just get the hold outs to join in. Need proof that your efforts may pay off? Instant Recess has a recess benefit calculator on their home page that can express your savings in dollars, they can be pretty significant depending on the size of your company, check it out.

Add a new goal or resolution to your 2015 and get your co-workers up and moving. Everyone can benefit.

Check out this calculator at:

[www.instantrecess.com](http://www.instantrecess.com)

## Are Your Night Habits Supporting Your Work Day?

Many studies have been done on the effects of sleep deprivation. The bottom line, don't do it, get your sleep. If your body is not functioning at a peak level then your productivity cannot be at a peak level either. Here are the results of some of the studies.

### Your Heart

1/4 of people who sleep fewer than 6 hours have some kind of cardiovascular disease as reported in the Journal Sleep.

### Reflexes

Going 24 hours without sleep is equivalent to having 5 drinks. Try this . . . Drink a medium coffee and take a 20 min nap, this will make you at least feel alert.

### Your Stomach

The hormone that makes you feel full, Leptin, is 15.5 percent lower in those that habitually sleep less than 5 hours.

### The Waistline

Speaking of eating too much. The BMI of those that sleep 5 hours or less is higher which is leading to more body fat according to a Stanford study.

### Blood Pressure

Without the proper amount of sleep at night you can raise your blood pressure. This is most likely due to raising your cortisol levels (the stress hormone) by not sleeping enough.

### Pancreas

A Yale study determined that men are twice as likely to develop diabetes by not getting enough sleep

### Brain

19 ours a day without sleep can damage and kill brain cells. Some experiments have also shown that going without sleep does not allow the brain to clear out plaque forming proteins that can cause Alzheimer's and dementia.

Bottom line - SLEEP IS IMPORTANT, don't rob your body of this important rejuvenating experience nightly.

## Tools To Help You Get Up And Move

We've shown some of these before and will no doubt show them again. After all repetition is the mother of learning. These tools will help you get up and move around while you are in the office.



A sit to stand desk is a perfect tool to use in getting you to move more. The electric models raise and lower the top quickly allowing you to change your position easily during the day. ESI's height adjustable table allows you to quickly change heights.

Runner from WorkStuff is a perfect personal sized sit-to-stand table. Use it in the office, home, library, classroom, meetings.

Imagine using this instead of a conference table, getting everyone up and standing could improve your meetings, ideas and productivity.



A treadmill workstation. The epidimy of moving and exercise. While these are not designed to get you running, the constant movement will allow your body to burn energy and keep you awake and alert. You may even reach your goal of 10,000 steps each day using one of these.