

Newzful

Health & Fitness

Useful Facts: sample weekly email

1. **CAN I TAKE YOUR ORDER?** Since the 1970s, the number of fast food restaurants has more than doubled. (Presidential Council on Fitness, Sports and Nutrition)
2. **COSTING MORE THAN YOUR HEALTH** - Smokers cost businesses about \$5,816 per year due to smoke breaks, higher health care costs, absenteeism and lower productivity. (Source: BMJ)
3. **GET THINGS MOVING** - Short bursts of exercise, like a 20-minute jog or bike ride, can increase self-control and boost decision making. Moderate exercise, about 60% of maximum effort, **increases blood flow to your brain.** (Source: Journal of Geriatric Psychiatry)
4. **SHOT TO THE HEART** - Getting a flu shot could **cut your risk of having a heart attack or stroke** by 48%. (Source: American Heart Association)
5. **YOU LOOK TIRED** - Habits that make you tired: eating too much protein and not enough complex carbohydrates, not eating enough veggies, prolonged use of the computer, clutter (overwhelming), some prescription medications and oh, yeah, **too much exercise.** (Source: Huffington Post)
6. **LET'S TAKE A WALK** - For U.S. workers, exercising fewer than three days a week is more closely linked to being obese -- defined as having a Body Mass Index of 30 or higher-- than any of 26 other behavioral and emotional factors, including healthy eating and having health insurance. (Source: The Gallup Poll)
7. **OCCUPATIONAL HAZARDS** - Transportation workers have the highest obesity rate among the 14 occupation groups measured, followed by

manufacturing and production workers. Physicians have, by far, the lowest level of obesity, **with business owners coming in second-lowest**. (Source: The Gallup Poll)

8. **LEADING THE MOVEMENT...OR NOT** - For the third consecutive year, residents of the Boulder, CO, metro area are the least likely to be obese, at 12.5% in 2012. Residents of McAllen-Edinburg-Mission, Texas, continue to be the **most likely to be obese**, at 38.5%. (Source: The Gallup Poll)

9. **KEEPING TABS** - Seven in ten (69%) U.S. adults track a health indicator for themselves or a loved one and many say **this activity has changed their overall approach to health**. 60% of U.S. adults say they track their weight, diet, or exercise routine. 33% of U.S. adults track health indicators or symptoms, like blood pressure, blood sugar, headaches, or sleep patterns. 12% of U.S. adults track health indicators or symptoms for a loved one. (Source: Pew Research Center)

10. **THAT'S HEAVY** - Projections estimate that by 2018, obesity will cost the U.S. 21% of our total healthcare costs - **\$344 billion annually**. (Presidential Council on Fitness, Sports and Nutrition)

11. **HEAL THYSELF:** Some 80 million people, around 43% of America's working-age adults, didn't go to the doctor or access other medical services last year because of the cost. (Source: CNN Money)

12. **LATHER UP:** Good hand-washing practices have also been shown to reduce the incidence of other diseases, notably pneumonia, trachoma, scabies, skin and eye infections and diarrhea-related diseases like cholera and dysentery. The promotion of hand-washing with soap is also a **key strategy for controlling the spread of Avian Influenza** (bird flu). (Source: Unicef)

QUOTE:

"The greatest wealth is health." -- Virgil, Poet in Ancient Rome

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