



GETTING AFTER IT

I got a text from my son Wes yesterday. As he is working hard on his wellbeing, he asked me if I was “getting after it”. In Wesspeak, he is asking if I am still exercising given the limitations of our current safer-at-home environment. And the answer is—absolutely! What would it look like if the wellness director came back from quarantine sporting the COVID equivalent of the freshman 15? So, I answered him with:

- I am rowing three days per week – 5,000M at a go.
- I am lifting weights for 20 minutes three times a week.
- I am walking 18 holes, no more like 27 holes, of golf each week.
- I am walking to the grocery store as needed.
- I am climbing at least 10 flights of stairs per day.

But to be truthful, my step goals on my tracker are lower. Where I once was a 15K per day person, my current daily goal is closer to 9K. I am moving less now that I am not taking my daily laps around our office. That’s the beauty of a wearable. It keeps you honest about your activity, your screen time, and your sleep. And while the steps have gone down, the screen time and the sleep are up. Fortunately, my appetite is down too, so weight is stable. But it is intentional, and it is work every day.

The Gallup Organization has been studying the well lived life since the 1930’s. And the formula has changed very little. What has changed is the amount of energy and intention it takes to achieve it. There are so many distractions that are far more immediate and interesting that now exist and haven’t always. The everyday behaviors that naturally kept us well were simply our ordinary lifestyle. We ate home cooked food as a family. We walked everywhere. We road our bikes. We played outside. We mowed our lawns and cleaned our homes. We watched very little television. Work happened at a specific time and place. Fast forward to today. According to a very recent Gallup poll, approximately 62% of us are working from home. Life and work couldn’t be more fully integrated.

There is a silver lining. Now that those immediate and interesting distractions don’t take up so much of our attention, we have the opportunity to turn our intention to recapturing some of that

ordinary life. We have no choice but to cook our food, take those walks, ride our bikes, clean our homes and mow our lawns. We can make up some of our sleep debt and rekindle those relationships we have taken for granted. We can express gratitude to the health care workers and first responders who are on the front lines of this pandemic. We can support our local businesses and take care of those who can't take care of themselves. Here's the really good news. You don't have to do all of it every day. Start with one small intentional activity each day. And as Wes would say, "get after it!"

Play Quarantine Bingo!

B	I	N	G	O
Fill in here	Fill in here	Fill in here	Fill in here	Fill in here
Fill in here	Fill in here	Fill in here	Fill in here	Fill in here
Fill in here	Fill in here	KEEP CALM & CARRY ON	Fill in here	Fill in here
Fill in here	Fill in here	Fill in here	Fill in here	Fill in here
Fill in here	Fill in here	Fill in here	Fill in here	Fill in here

[Click here to download your customizable Bingo card!](#)

Fill in each bingo square with an intentional activity you have taken today to increase your wellbeing.

Examples:

- I slept 8 hours last night.
- I video chatted with my Mom today.
- I sent a snail mail card to a friend.
- I did a YouTube workout.
- I tried a new salsa recipe.
- I started a jigsaw puzzle.
- I meditated for 10 minutes.
- I played with my pup outside.
- I took a walk around the block after lunch.



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Patricia M. Fuller has dedicated the last 20+ years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

Have a Question? Email it to Dr. Pat: pfuller@bks-partners.com

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