



## The Results Are In...

A special thanks to the many employees who took time out of their lunch break (i.e., 10, 15, 20 or 30 minutes) and went for a walk outside on April 28<sup>th</sup>- National Walk@Lunch Day! Numerous employees e-mailed Dela**WELL** staff with their experiences and success stories from the event. Below are just some of the comments:

- “A colleague and I used our lunch hour to walk along the St. Jones River Estuary in Dover. It was peaceful and beautiful. The weather changed from sunny, to cloudy, back to sunny. It was tempting to go back due to the clouds but we kept our eyes on our watches- it was to be a 50 minute round trip. At the end of the walk, I felt light and exhilarated. I had more energy than I had before the walk. My mind felt sharp & I was more efficient with the afternoon tasks. My friend and I plan to do it again in the future whenever our work schedules permit.”
- “Although it is a chilly, windy day here at DPC, I walked from the Springer Building to the Hide-A-Way Cafe' on the grounds of Delaware Psychiatric Center... The grounds at DPC are lovely and today's walk made me realize I could take a lunchtime walk a few times a week for my health.”
- “I participated with another co-worker to take 30 minutes out of our lunch hour to walk. In this timeframe, we did a 1.5 mile. It was only two in our group, and it was very energizing!”
- “I had been walking at work for a year or so and then I had stopped doing it. Recently, I enrolled in membership at a local gym and have begun to gradually modify some of my food choices. Today, after participating by walking just 20 minutes I feel re-invigorated. I was reminded of how refreshing a brief walk can ease stress at work. I look forward to going back outside for brief walks during my lunch at work.”
- “It was great to get some fresh air and enjoy the seasonal weather! Walking at lunchtime enables me to meet my personal fitness goals of exercising 3-to-5 times a week. It is important for my overall health and wellbeing to take time to exercise since I spend a good portion of my day sitting in front of a computer, in meetings, and commuting two hours a day. I look forward to walking at lunchtime which I find to be beneficial and enjoyable.”

Michelle Daisey, who works for Delaware Health and Social Services (DHSS) at the Laurel State Service Center, was excited to report that her whole office participated in a 20 minute walk (see pictures below). “The event was a great way for us to relieve some stress and build team work as we supported each other,” Michelle said. She even contacted their local Subway of Laurel and Seaford and was able to get them to sponsor their lunch with two trays of healthy sandwiches and healthy guideline brochures for all staff. “Thank you for your support. I was so excited that we had such a great time and some have since continued to walk even if just for a few minutes whether it be at home or work,” Michelle commented.



Being active on a regular basis provides many health benefits, including weight loss, better sleep, less stress and a reduced risk of diseases or conditions like heart disease and diabetes. But let's be honest, most of us go home after work tired and the last thing on our minds is exercise. Since we spend most of our waking hours at work and have more energy during this time, it makes great sense to “fit in fitness” while on the job. To everyone that participated in National Walk @ Lunch Day, keep up the great work!