Exercise! Why Me?
Maureen George, RN, BSN, MSEd, CNOR, OCN, and Ruth Nunes, RN, BSN
The National Institutes of Health, Bethesda, MD

Goal
To identify the impact of a healthy lifestyle has on a continuum from the individual nurse to the global community. Research has shown that 55% of female nurses are obese. This in turn has an effect on the health of the nurse and the quality of patient care. “Knowledge isn’t always enough to produce behavioral changes,” said Ayaab.

Work Life At NIH
The National Institutes of Health promotes exercise by offering a variety of exercise programs, a state of the art Membership gymnasium and a walking track. The Department of Perioperative Medicine has started an early morning cardio workout program. The camaraderie, team support and peer pressure has had a positive impact on the entire department and our patient population. This is evidenced by improved morale, team spirit, increased energy levels, and improved body and self image. Increased productivity and quality patient care prove the value of a healthy lifestyle.

Benefits of a Healthy Lifestyle
• Credibility with patients, colleagues, family, and community
• Decrease in chronic illness i.e. diabetes, hypertension, and musculoskeletal disorders

Nursing Implications
Education is not always necessarily enough to maintain a healthy lifestyle. Nursing research is needed on:
• The institutional level to investigate what bedside caregivers need to achieve a healthy lifestyle and to prevent health issues related to weight
• The potential financial and national impact on healthcare and individual institutions. This would quantify the direct and indirect costs of nursing obesity.

Lifestyle changes are most effective when driven by personal motives not by external motives.

Goal
To identify the impact of a healthy lifestyle has on a continuum from the individual nurse to the global community. Research has shown that 55% of female nurses are obese. This in turn has an effect on the health of the nurse and the quality of patient care. “Knowledge isn’t always enough to produce behavioral changes,” said Ayaab.

Work Life At NIH
The National Institutes of Health promotes exercise by offering a variety of exercise programs, a state of the art Membership gymnasium and a walking track. The Department of Perioperative Medicine has started an early morning cardio workout program. The camaraderie, team support and peer pressure has had a positive impact on the entire department and our patient population. This is evidenced by improved morale, team spirit, increased energy levels, and improved body and self image. Increased productivity and quality patient care prove the value of a healthy lifestyle.

Healthy Lifestyle
Patient
• Credibility
• Energy level
• Role model
• Improved level of concentration

Staff
• Team building
• Collegial support
• Increased productivity
• Decreased sick leave

Healthcare
• Girls on the Run
• "Soccer moms"
• School sports
• Modifications in school lunch programs

Community
• Kids on the Run
• "First Lady, First Step"
• "Second meal"
• School sports
• Modifications in school lunch programs

Family
• Teaching habits
• Baby steps to change
• Body image
• Foundation for life

Nation
• Health Insurance
• International perception of American citizens
• Global impression of U.S.
• Positive society, a "safe" place;

Self (Nurses)
• Problems:
  • Odd work hours
  • Physical work responsibilities, but not cardio or resistance building
  • High stress
  • Emotionally draining to care for themselves
• Solutions:
  • Self-care
  • Team building
  • Outside work

NIH Nurses completed 2010 ONS 5K run in San Diego, CA.

Operating Room staff participates in 100-mile bike ride.

2012 DCRI 3-on-3 basketball champs.

Team Smooth Operators from the Operating Room running in the Annual Institute NIH Relay.

NIH Nurses completed 2010 ONS 5K run in San Diego, CA.

Operating Room staff participates in 100-mile bike ride.

2012 DCRI 3-on-3 basketball champs.

Team Smooth Operators from the Operating Room running in the Annual Institute NIH Relay.