



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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In this issue:

Biking for fun and exercise	1
Texting to back pain	2
Sitting Disease	2
Health	
Improvements	3
Peak Performers	4

BIKING FOR FUN AND EXERCISE

Riding a bicycle is not only a fun family activity; it's also a great way for people of all ages to be physically active. Some people even use their bicycles to commute to work, run errands or visit friends and family. When you're out and about on your bike, it's important to know how to be safe.

Getting ready to go:

Choose a bicycle that's the right size for you so you can control it. Make sure the brakes are working properly and the tires are inflated to the correct pressure. Make sure motorists can see you: place a flashing red light on the rear of your bike and a white light and/or reflectors on the front. Consider wearing bright, neon-colored clothing with reflective stripes and patches so that motorists can see you at night and in low visibility conditions.

Riding safely:

- Always wear a helmet that fits correctly.
- If you ride at night have lights and reflective clothing.
- Obey all traffic laws, including stoplights, signs, signals, and lane markings.
- Ride your bicycle in the same direction of traffic, never against it.
- Stop at all intersections before crossing the street.
- Signal when you make turns.
- Be careful near parked vehicles; someone might suddenly open a door.
- Watch for vehicles going in and out of driveways.
- Yield to pedestrians.
- Alert pedestrians when you're close to them. Say "passing on your left" or horn.

National Bike Challenge. The National Bike Challenge is a nationwide event uniting thousands of current bicyclists- and encouraging countless new riders. In its simplest form, it is a logging center for users to record miles ridden and be part of the national community of bicyclists. It is a free and easy way to challenge yourself, colleagues and the greater community to ride more. Users can compete on a local, state, and national level, if desired. To sign up or to learn more, <https://nationalbikechallenge.org/>

OMG, You're Texting Your Way to Back Pain

Humans were designed to stand upright. And yet in this modern world, too many of us spend our days with our heads slumped over for a simple reason: we're staring at the tiny screen of a smartphone.

People spend an average of 2 to 4 hours each day with their neck bent at this unnatural angle while shooting off emails or texts. That's 700 to 1,400 hours a year. The success of social media is has led to an epidemic of bad smartphone posture.

The average adult head weighs 10 to 12 pounds when it's in the upright or neutral position. However, because of that pesky thing called physics — gravitational pull — the cranium becomes heavier the more you bend your neck. Several times heavier, according to research from Dr. Kenneth Hansraj, chief of spine surgery at New York Spine Surgery and Rehabilitation Medicine, which will be published in Surgical Technology International.

His study found that bending your head at a 60 degree angle to get a better look at your selfie is putting 60 pounds' worth of pressure on your cervical spine, the portion of the spine above the shoulders. That's more than the weight of the average 7 year old.

"The weight seen by the spine dramatically increases when flexing the head forward at varying degrees," write the authors in the study. "Loss of the natural curve of the cervical spine leads to incrementally increased stresses about the cervical spine. These stresses may lead to early wear, tear, degeneration and possibly surgeries."

But it's not just the big slump that could eventually cause you to look like Lurch. Tilting your head a mere 15 degrees puts 27 pounds of pressure on your spine; a 30 degree neck tilt could equal 40 pounds of pressure; a 45 degree tilt adds the force of 49 pounds.

CBS News

SITTING DISEASE

Yes, there is a name for it...[Sitting Disease](#). If you are sitting while you read this, you may suffer with the condition. Our culture has shifted more and more to knowledge-based work – and we all shifted more and more into our chairs. We spend hours sitting at the desk, in the car, and in the recliner at home. Most of us look for the easiest and least time consuming way to get something done. Time and effort have become our drivers, not our bodies, not our health.

Want to [improve your life expectancy and your health](#)? Get up! We are built to move, not to sit. Get a pedometer, stand or walk while you talk on the phone, use the stairs, park in the *furthest* parking spot. Become more 'chair free'! Remember...movement is medicine. Get out there; shake it up. Use your body. Resources: [Workrave.org](#) customize this computer desktop reminder; it's not a memory hog so it lives well on your desktop. [Fitbit](#) a great way to track movement including steps; they also have a new pedometer called the [Zip](#). [Health Tools](#) has lots of ideas for movement.

CONGRATULATIONS

TO EMPLOYEES WHO MADE SUBSTANTIAL HEALTH IMPROVEMENTS

2/14/14 – 12/31/14

Olmstead, Kevin	NDF	Hermsmeir, Daniel	DOC	Huston, Robert	DOC
Barnes, Trenton	NHP	Fox, Mark	NHP	Haralson, Vanessa	DOC
Fording, Joe	NDF	Bagley, Victor	DOC	Lawson, Debra	Lakes
Lucey, Michael	NDF	Bloomfield, James	DOC	Hawkins, Marjion	DOC
Schuler, John	NDF	Stieber, Claudia	P&P	McNalley, Steven	DOC
Paul, Emory	NDF	Owens, Joseph W	DOC	Osburn, John	DOC
Sneed, Robert	NHP	Antonucci, Michael	P&P	Scott, Randy	P&P
Utt, Jason	NHP	Muir, Mason A	NHP	Mleczo, Martin	NHP
Rangel, Daniel	NDF	Misiti, Robert	NSP	Conner, Dale	NSP
Koplin, Paul	DOC	Barber, Anthony	DOC	Whalum, Stewart	DOC
Cato, Grant	DOC	Johnston, Dennis E	DOC	Drohn, Brian	NHP
Lynch, Alicia	DOC	Moskoff, Steffen	DOC	Whitfield, John	NHP
Bralowen, Mark	DOC	Polack, Kenneth	DOC	Muse, Tywanda	DOC
Combs, William R	DOC	Stevens, Matthew L	DOC	Widmar, Teresa	DOC
Lofing, William	DOC	Cavender, Alvin	DOC	Abrahamson, Edward	DOC
Donnelly, James P	DOC	Collard, Steve	DOC	Burleigh, Elliott	DOC
Johnson, Diana S	DOC	Hansen, Monte D	DOC	Mix, Ray	DOC
Antle, Eric	NDF	Schultheis, Randall	DOC	Lee, Seong	NHP
Sweetland, Stephen	NDF	Sunday, Allen	DOC	Evers, Scott	DOC
VanCleemput, Eric	NDF	Giles, Scott	DOW	Horner, Tim	DOC
Cluever, Paul	DOC	Perez, Alberto A	NHP	Manning, Scott	DOC
Tackett, Ted	DOC	Timm, Steven	NHP	Schmalz, James	DOC
Davidson, Michael D	NHP	Esteves, Deshawn	DOC	Escobar, David	Lakes
Friend, James	NDF	Mendez, Patrick B	DOC	Arguello, Tania	DOC
Rodgers, Robert J	NDF	Slayton, Avery	NHP	Sorich, George	DOC
Cavanaugh, Brian K	NHP	Carey, Diana	DOC	Campbell, Geoffery	P&P
Hernandez, Francisco	NHP	Roth, Neil	NHP	Schorr, Teena	DOC
Bledsoe, Ruby	P&P	Hall, Christopher D.	DOC	Abernathy, Charles	NHP
Gilchrist, Vicki	P&P	Brewer, Chris	NDI	Koplin, Paul	DOC
Robertson, Harold M	DOC	Wurster, Fred	NHP	Cole, Claude	P&P
Terhune, Robert	DOC	Beach, Kirt	NHP	Bowles, Brian	DMV
Zehr, Adam	NHP	Hughes, Harold	NHP	Pollock, Chad	P&P
Leon, Kenneth	P&P	Arroyo, Fred	DOC		

WATCH FOR THE ANNOUNCEMENT FOR THE NEW SUMMER CHALLENGE. MARCI SCHMIEGE, HEALTH & WELLNESS COORDINATOR WILL BE HANDING OUT INFORMATION THIS SPRING.

KUDOS TO THE EMPLOYEES WHO ACHIEVED 16.0 METS OR HIGHER

2-14-14 TO 12-31-14

Morris, David	OFM	16.9	Holt, Eric	NDF	16.9	Aldis, Daniel	P&P	16.9
Armstrong, Greg	P&P	16.9	Figueiredo, Jeff	NDI	16.9	Muro, Gary	P&P	16.9
Penn, Anthony	DMV	16.9	Davidson, Michael	NHP	16.9	Hammons, James	NSP	16.9
Hesterlee, Quinn	NDF	17.0	Konrad, Tina	NHP	16.1	Blattel, Frank	NHP	16.9
Hughes, Jason	NDF	17.6	Hernandez, Francisco	NHP	16.9	Harroun, Aaron	DOC	17.0
Osborn, Dustin	NDF	17.0	Peoples, Johnny	NHP	16.9	Minoletti, Giovanni	NHP	19.2
Reynolds, Aaron	NDF	16.1	Boykin, John	SFM	16.9	Evans, Aaron	P&P	18.6
Knudsen, Richard	NDF	17.0	Boynton, Edward	NHP	17.0	Prestipino, Greg	P&P	18.0
Angres, Julian	NDF	16.3	Stuehling, Kelly	NHP	17.0	Nelson, Tyson	NDF	16.9
Bolton, Ben	NDF	17.0	Klebenow, Donald	DOW	19.2	Fuller, Deric	NDF	16.9
Boyce, Aaron	NDF	17.0	Mabson, Mark	DOC	17.0	Carpenter, Anne	NHP	16.9
Foster, Jason	NDF	16.1	Zehr, Adam	NHP	19.2	Law, Martha	NDF	16.9
Fox, Chuck	NDF	16.9	Rasor, Andrew	NDI	18.8	Culbertson, Chris	NDF	16.5
Klug, Carl	NDF	16.1	Navarrete, Jose	DOC	16.1	Rangel, Dan	NDF	16.9
Sanborn, Slade	NDF	19.2	Peeler, L (Jack)	NHP	16.9	Woolman, Terrence	P&P	16.9
Armstrong, Greg	P&P	16.9	Hearne, Paul	DOC	16.9	Barney, Kelly	NHP	19.2
Halligan, Patrick	NHP	16.9	Stroud, Bruce	DOC	16.9	Mitchell, James	DOC	17.0
Penn, Anthony	DMV	16.9	Antonucci, Michael	P&P	16.9	Billich, Joni	P&P	16.9
Hesterlee, Quinn	NDF	17.0	Trzpis, Matthew	P&P	16.9	O'Rourke, Stephanie	NHP	16.9
Hughes, Jason	NDF	17.6	Schultheis, Randall	DOC	19.2	Monroe, Greg	NHP	17.0
Osborn, Dustin	NDF	17.0	Leggett, Jason	OFM	16.9	Stewart, James	NHP	18.0
Reynolds, Aaron	NDF	16.1	Timm, Steven	NHP	21.0	Marin, Cruz	NHP	19.2
Knudsen, Richard	NDF	17.0	Diaz, Raul	DOC	17.3	Wintersteen, Andy	P&P	16.9
Angres, Julian	NDF	16.3	Solow, Daniel	NHP	19.2	Hammons, Jim	NSP	16.9
Bolton, Ben	NDF	17.0	Bennett, Travis	DOC	17.0	Gemmel, Robert	NHP	16.9
Boyce, Aaron	NDF	17.0	Gatlin, David	DOC	17.0	Rest, Timothy	LC	16.9
Foster, Jason	NDF	16.1	Hartline, Todd	NHP	16.9	Kellermeyer, Eric	LC	17.8
Fox, Chuck	NDF	16.9	Adrian, Jena	P&P	21.0	Anderson, Daniel	NHP	16.9
Klug, Carl	NDF	16.1	Osborn, Ryan	P&P	17.3	Aten, Arthur	NHP	20.0
Sanborn, Slade	NDF	19.2	Harp, Jacob	P&P	17.0	Atherton, Richard	DOC	19.2
Lucchesi, David	NDF	17.0	Hatch, Margaret	P&P	17.0	Harkleroad, Blair	NHP	16.7

