

## Physical Activity – Enhancing Wealth through Good Health

Chair: *Naheel Brown*

### The Physiology of Productivity in the Workplace – Why Exercise Helps

*Debbie Hutchinson*

Philosophy refers to the study of the fundamental nature of knowledge, reality, and existence, especially when considered as an academic discipline. Businesses must be productive and all organizations must have set goals of ensuring that. There are many different methods of enhancing the productivity of a firm. According to the Collins English Dictionary (2009), productivity refers to the output of an industrial concern in relation to the material, labour, *etc* it employs. It is a known fact that exercise increases one's health. Exercise is the key to maintaining a healthy heart, lungs and managing the overall body weight. However, not everyone is aware of the positive correlation between exercise and productivity. There is a philosophy that exercise helps with the productivity of the workforce. In addition, managers tend to have considerable interests in the healthy habits of their employees. The eating habits and the healthy lifestyle of employees tend to have an effect on their overall output, thus, decreasing the health costs of the organization.

The purpose of this report is to illustrate how exercise helps in the philosophy of productivity in the workforce. This report will explain how exercise increases one's mental health, physical health and also reduce illness thus increasing productivity. In addition, the various effects will be broadened to further increase your understanding. Mental health generated from exercise includes how it sharpens your focus, enhances your mood and also increases energy on a whole. Also, physical health will be expounded on as your capabilities are very important to productivity. Illnesses can hamper productivity in many ways and exercise is one way to reduce the level of illnesses in an organization.

### Recreation: Its Impact on Productivity

*Renardo Brown, Sodja Peters*

With the downward trend in today's economy and the economic challenges being faced in our society, it is everyone's aim to maintain or develop new ways of increasing revenues. It is not surprising, therefore, that recent studies have shown an increase in the prevalence of chronic

lifestyle diseases such as diabetes, hypertension and cardiovascular diseases.

It is often times very difficult for the working class to participate in structured exercise regimens, and they do not have the opportunity to maintain sustained healthy lifestyle practices. Employers seldomly pay attention to the health and wellness of their employees, nor do they invest in enhancing or promoting healthy lifestyle practices. Notwithstanding the decline in health nor the limitations of the employers to promote or enhance healthy lifestyle practices among their staff, employees are expected to carry out the same duties, if not more, efficiently. It is important to increase the awareness of the effects of these chronic lifestyle diseases and their impact on productivity in the workplace in an effort to improve the health and wellbeing of the work force.

This presentation will focus on the effect of diabetes on productivity in the workplace, and introduce low cost recreational activities which may be used to promote healthy lifestyle practices in the work place, contributing to a more productive workforce. In addition, it also aims at supporting the belief that the use of leisure time activities will increase the possibility of a more productive workforce by introducing group activities that stimulate the mind and body.

### Making a Splash: Using Aquatic Therapy to Benefit Diabetic Patients

*Terri-Ann Samuels*

This presentation will give a generalized introduction to aquatic therapy and its therapeutic benefits. It will provide the audience with insight into the properties of water and its physiological impact to an individual. For example, water resistance being used as a strengthening tool in all planes of motion and buoyancy to enhance weightlessness, making certain exercises more comfortable in a pool. It will showcase how aquatic therapy can be used as a more interesting and enjoyable form of physical activity and exercise – a programme that can be tailored for diabetics by their Physical/Aquatic Therapists. We will speak on the therapeutic benefits of aquatic therapy on associated co-morbidities or problems of diabetes as exercise can help control blood cholesterol, blood pressure and blood glucose.

## **Addressing Behavioural Barriers and Motivational Triggers for Obesity Prevention: A Caribbean Experience**

*Kamila McDonald*

It is indisputable that chronic non-communicable diseases, such as diabetes mellitus, are currently the leading cause of death in the Caribbean, costing governments billions of dollars annually. The silent, escalating obesity epidemic is linked to most of these diseases with many nations reporting more than half of their population being obese. Obesity is killing our people, yet as Jamaicans and leaders in our fields, we have been relatively slow in our response to the

dramatic epidemiologic shift from infectious to chronic diseases.

This presentation will first identify the specific historical, cultural and societal issues we are battling with in Jamaica as the basis to effectively tackle and respond to these urgent, chronic health challenges.

With this context, the presentation will provide insight into specific approaches and platforms used by young people to receive and process information today. The objective is to highlight ways in which youth leaders, along with policy-makers, can inspire drastic, sustainable behaviour change as it relates to healthy living, using fresh and innovative communication strategies.