

Want to help DOC save
money and improve your
health at the same time?

Get Up and Move!

Did you know that our small printers are much more costly to use than our large copier/printers are?

In fact, small inkjet printers cost about 22 cents per sheet.

A Laser Jet cost about 4 cents per sheet.

The large Savin printer copiers cost even less per sheet, because of the service contract.

- But you may have to walk a short distance to the Savin.
- We have 164 small printers and 46 large Savins at SRCl.

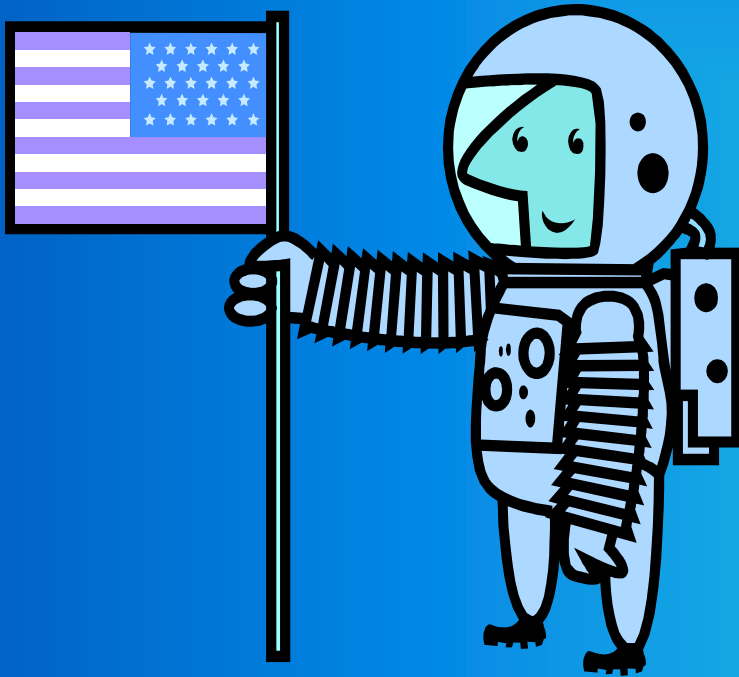
- If we can change our printer habits, we can make positive changes to our health, as well as to the DOC's budget!

- How??

Get up and move!

- Walk to the closest large printer, rather than using the small printer next to your desk.
- How can this help?

Take a Breather! Get some air! Achieve More!

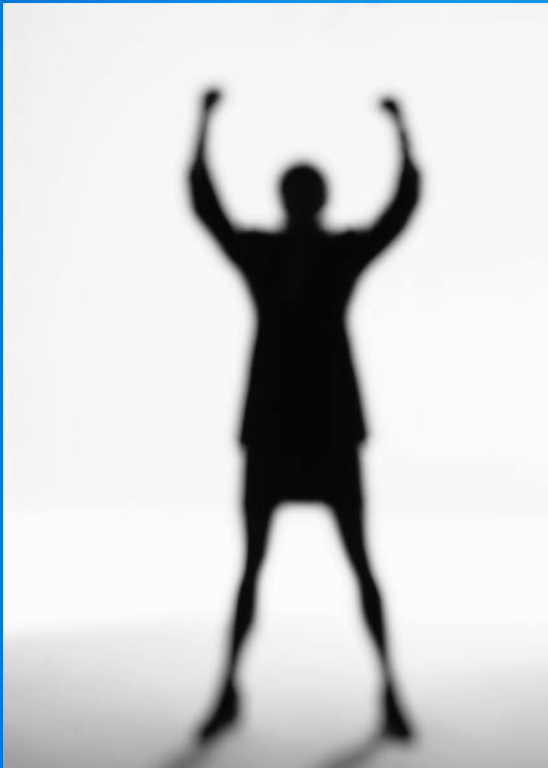


- We tend to believe we are more productive if we stay at our desks for hours on end.
- However, the opposite is actually true.
- A short walk (like to the large printer/copier in your area) gives your brain much needed oxygen!



- Seven Reasons to Take a Breather at Work.

1. Your body will thank you.



- The human body wasn't designed for sitting at a desk for hours on end.
- Eyes, backs, necks, shoulders and wrists benefit when we get up and move.

Focusing on tedious tasks for too long can easily lead to high stress levels.



- Common consequences of high stress include:
- High blood pressure
- High blood sugar
- Poor fitness
- Low resistance to viruses
- Serious illnesses

2. YOU'LL OPEN THE WAY FOR CREATIVITY.

According to many people knowledgeable in the field of human health and creativity, very, very few good ideas ever come to us while we are at our desks, pushing to finish a project.

Many ideas have come during walks with our dogs, or while doing light housework.

The oxygen we get from physical activity seems to free the mind to create.



3. YOU'LL FIND OUT WHAT'S GOING ON AROUND YOU.



It's amazing
what you can
learn about your
workplace while
chatting
with colleagues.

4. You'll work more effectively.

"*Work to Live*" author, Joe Robinson, cites several studies showing that short breaks improve productivity.

Short intervals to stretch our legs allow us to sustain high levels of effort more of the time.



5. YOU'LL LIKE YOUR JOB MORE.

If we never pause to take stock, savor accomplishments, and maintain a sense of fun, it's hard to experience job satisfaction. Intense, prolonged time on task can squeeze the joy out work.



"One of the downsides of being eternal action figures is that we never arrive anywhere," Robinson writes.

6. You'll reap the benefits of building community.

Many of us were raised to think the workplace would reward hard work.

But it is not just hard work that is rewarded. Communication abilities are also rewarded at work. Just taking time to say, "Hello, how are you?" can make a big difference in how others perceive us.

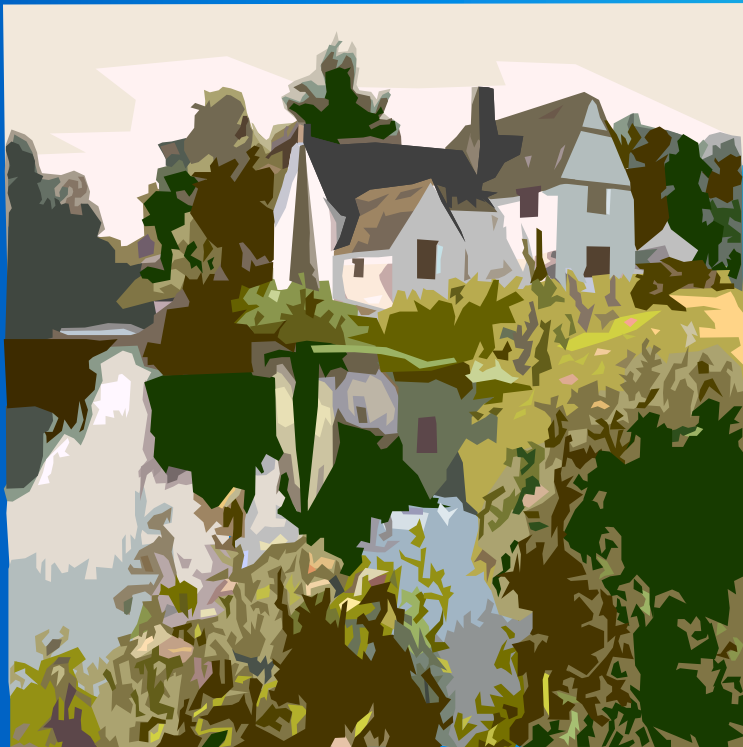
When we take breaks for small talk, we create opportunities to get to know one another.

This makes it easier to work together.



7. You'll feel better at the end of the day.

It's a lot easier to enjoy family time when we come home with a reserve of energy and without headaches or pent-up stress.



Sound too radical? It's okay to start small. For one week, send your biggest print jobs to the large Savin near you.

See what happens. You will begin to feel healthier, while you save the DOC money!

Stop holding up at your desk.



- Refrain from using a small printer close to your desk.
- Start taking periodic breathers throughout your day with a short walk to the large printer/copier.
- Start saving DOC money and building better health and more productivity for yourself.

Take a Breather and take a stroll. Walk to a big printer to get your print outs and say hello to your co-workers.



- You may be surprised at the power of stopping to get you where you want to go.