

today's dietitian

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The Magazine for Nutrition Professionals

Nutrition for TC

Raising Health
Through Balance
and Variety

Taste Perception
and Eating Behavior
Are in the Genes

Enhancing the
of Parenteral

Supplements:
Insurance for



FLOW: Exercising Body and Mind at Work

Nowadays, it can be difficult to find time to exercise throughout the workday. FLOW, a software program designed to allow workers with computer access to add physical activity to their day, addresses this difficulty. This new tool is helpful for anyone sitting at a desk for long hours.

FLOW provides seven five-minute video exercises to be performed while sitting at a desk and has a "virtual coach" to help users stay on track, as well as a nutrition center and access to inspiring affirmations in the midst of a stressful workday.

Preset exercise intervals (15 minutes, 30 minutes, one hour, two hours) pop up on users' screens throughout the workday inviting them to do "sit exercises." Users can engage in as many five-minute exercise sessions as they choose throughout the day. The exercises cover the major muscle groups, including chest, abdominal, biceps/triceps, shoulders, back, legs, and full body stretching.

FLOW can also help dieters maintain their motivation to eat properly with daily reminders designed to fuel self-confidence and determination.

This tool has been developed for the business world to address the severe consequences that modern day office work (eg, sitting at a computer for extended hours) is having on employees' health. The lack of physical activity during the day is leading to the development of heart disease, diabetes, high blood pressure, weight gain, muscular-skeletal problems, repetitive movement injuries, and depression and anxiety.

For more information, visit www.thewavecorporation.com.

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