Employee Professional Development Program

Stand Up for Yourself

Sending Emails on Someone’s Behalf

Have you ever been asked to send an email on someone’s behalf from your own account and then been stuck forwarding all the replies to the email’s originator? There’s a way around that, you know. With the new email open, go to the “Options” tab on the top. Then click the expansion button in the lower right corner of “More Options.” Under “Delivery options” check the “Have replies sent to” box and enter the originator’s email address. Ta da!

I think they should give Oscars for meetings: Best Meeting of the Year, Best Supporting Meeting, Best Meeting Based on Material from Another Meeting. - William Goldman

We All Know It’s Bad. But How Bad?

By now, it’s fairly common knowledge that sitting at a desk all day isn’t good for our bodies. But more is at stake than a spreading bottom and achy back.

Dr. Toni Yancey, co-director of the Kaiser Permanente Center for Health Equity at UCLA says, “We just aren’t really structured to be sitting for such long periods of time, and when we do that, our body kind of goes into shutdown.” If you’re sitting, your muscles are not contracting, perhaps except to type. But the big muscles, like in your legs and back, are sitting there pretty quietly. And because the major muscles aren’t moving, metabolism slows down. Your body effectively stops burning calories; enzymes that break down fat drop by 90 percent; HDL cholesterol production drops by 20 percent; and the risk of diabetes increases 24 percent. Sitting for long periods of time also contributes to risk of metabolic syndrome, heart attack, and stroke.

Emerging research even shows that spending years in front of a PC almost doubles the risk of bowel cancer!

If you think going to gym is going to spare you the risks, you’d be wrong. Researchers are learning that extra-curricular exercise – running in the mornings before work or hitting up an evening spin class – can’t undo the effects of a day spent on one’s behind.

So what are the desk-bound to do? Just a minute of movement every hour can help minimize your risks. It may not sound like much, but an Australian study found that these types of mini-breaks, just one minute long throughout the day, can actually make a difference. You can simply stand up, dance about, wiggle around, take a few steps back and forth, march in place. These simple movements can actually help lower blood sugar, triglycerides, cholesterol, and waist size. So go on... do the hokey pokey and turn yourself around; that’s what it’s all about.

Contact Us: pedstaffdevelopment@hsc.utah.edu
Register for classes: Peds Intranet>Gen Info>Staff Pro Dev

University of Utah Department of Pediatrics