

STAYWELL

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BRIAN COLES – HEALTH ANALYST

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Athletic Trainer Corner

Ingrown toenails

Many people experience the pain of ingrown toenails. More often than not prevention is the best way to manage these and with a few simple steps one can decrease the intensity and seriousness of this nagging problem.

1. Shoes: The shape of the toe box can increase or decrease ingrown toe nails and pain. Narrow, tight, pointy toe boxes place undue pressure on the foot often leading to ingrown toe nails or pain from them. Choose shoes with a toe box that matches your foot shape to give your toes the most room.
2. Nail management: How we trim our toe nails can increase ingrown problems.
 - a. Cutting the nail too short can lead to ingrown toenails. Leave them slightly longer.
 - b. Rounding the corner of the toe nail can also lead to problems which can lead to ingrown issues encouraging the nail to grow down and in. Keeping the nail square on the upper edge can promote proper growth to grow up and away.
 - c. Sloping the trim to the middle and/or cutting a V in the center of the nail can cause the nail to grow away from the painful edge.

If you are having problems with ingrown toe nails feel free to contact Brian for tips to help reduce the problem.



2024 Staywell Program Outline

Each year we decide how to plan a quality program for participants for the New Year. We look at participation, company stats from results of the Health Risk Appraisal, what problems may be going on with the company along with health issues/trends. A calendar is then formulated to help our employees and spouses. Each quarter healthy activities are organized that provide education, different initiatives, and classes that help our employees and their families. This year, the main initiatives will focus on Nutrition, Fitness, Mental Wellbeing, and Social connections, along with the ongoing wellness challenges. With a wide variety of challenges provided, individuals may pick and choose areas he/she needs to work on or improve on. This allows individuals to choose areas they want to focus on. This year we are also asking for feedback from the employees. On the next page is a Wellness Interest Survey. Please take a few minutes to fill the survey out and return it to Brian. The individuals who complete the survey, will have his/her name entered in a drawing.

Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside Brian's office.

Current programs are also accessible by using the **QR code**.



New Programs

- **No Holiday Weight Gain Repentance Program** — Lose weight by January 31, and receive a gift card.
- **Reconnect/Unplug** — Connect with people again and decrease electronics device use to feel better.
- **Resolution Staywell** — Improve nutrition and fitness.

On Going-Repeatable Each Quarter:

- ✓ **Spouse Staywell Letter incentive** —
- ✓ **Shoulder Protection Initiative** —
- ✓ **100 Winks Sleep Initiative** —
- ✓ **Radon Test** —
- ✓ **Weight loss/Maintenance** —
- ✓ **Diabetes Prevention and BP/Cholesterol Improvement Initiative** —
- ✓ **Qtr. Prove IT Fitness Challenge** —

Employee Wellness Interest Survey

The Wellness Committee is looking at ways to improve the IPSC Wellness program. Please comment freely in the spaces provided at the end. Return to Brian and your name will be entered in a drawing.

How likely would you participate in each of the following programs if they are offered at work?

	<u>Not Likely</u>				<u>Very Likely</u>
Health Fair	1	2	3	4	5
Health Risk Assessment	1	2	3	4	5
(Questionnaire to identify your risks)					
Screenings	1	2	3	4	5
Cholesterol	1	2	3	4	5
Blood Pressure	1	2	3	4	5
Blood Glucose (Diabetes)	1	2	3	4	5
Body Fat (BMI)	1	2	3	4	5
Mammogram	1	2	3	4	5
Educational Programs:	1	2	3	4	5
Healthy Cooking/Healthy Eating	1	2	3	4	5
Controlling High Blood Pressure	1	2	3	4	5
Reducing Cholesterol	1	2	3	4	5
Weight Management	1	2	3	4	5
Starting to Exercise	1	2	3	4	5
Cancer Prevention & Detection	1	2	3	4	5
Preventing Heart Disease	1	2	3	4	5
Preventing Strokes	1	2	3	4	5
Diabetes Preventions and Care	1	2	3	4	5
Asthma Prevention and Care	1	2	3	4	5
Prenatal Care	1	2	3	4	5
Headaches, (Migraines)	1	2	3	4	5
Smoking Tobacco Cessation	1	2	3	4	5
Back Care	1	2	3	4	5
Men's Health	1	2	3	4	5
Women's Health	1	2	3	4	5
Stress Reduction	1	2	3	4	5
Depression	1	2	3	4	5
Sleep Disorders	1	2	3	4	5
Other (Please Specify)					
