

# Exercise! Why Me?

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## Goal

To identify the impact of a healthy lifestyle has on a continuum from the individual nurse to the global community. Research has shown that 55% of female nurses are obese. This in turn has an effect the health of the nurse and the quality of patient care. "Knowledge isn't always enough to produce behavioral changes" said Ayaab.



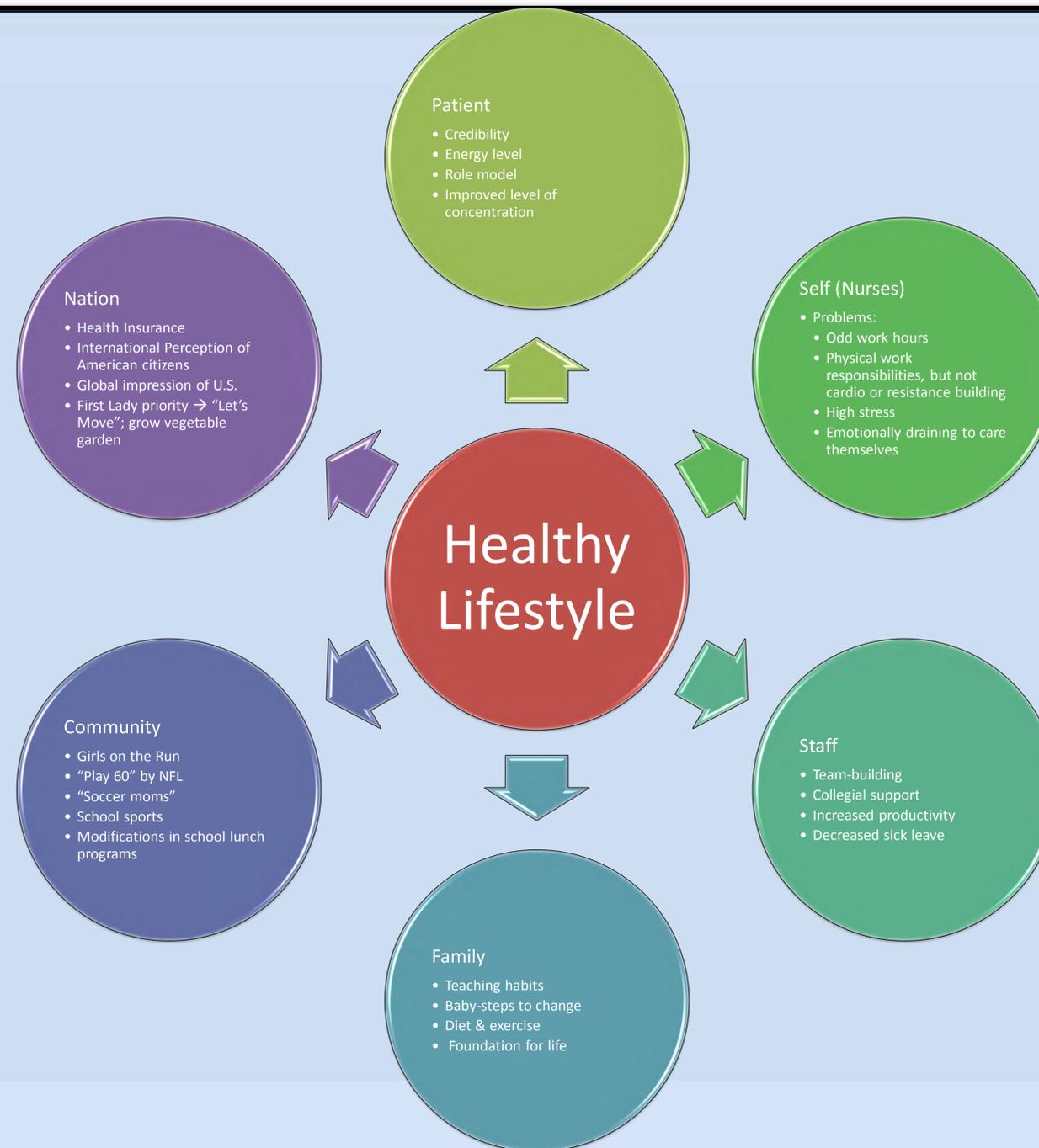
NIH Nurses completed 2010 ONS 5K run in San Diego, CA.

## Work Life At NIH

The National Institutes of Health promotes exercise by offering a variety of exercise programs, a state of the art Membership gymnasium and a walking track. The Department of Perioperative Medicine has started an early morning cardio workout program. The camaraderie, team support and peer pressure has had a positive impact on the entire department and our patient population. This is evidenced by improved morale, team spirit, increased energy levels, and improved body and self image. Increased productivity and quality patient care prove the value of a healthy lifestyle.



2012 DCRI 3-on-3 basketball champs.



Operating Room staff participates in 100-mile bike ride.

## Benefits of a Healthy Lifestyle

- Credibility with patients, colleagues, family, and community
- Decrease in chronic illness i.e. diabetes, hypertension, and musculoskeletal disorders



Team Smooth Operators from the Operating Room running in the Annual Institute NIH Relay

## Nursing Implications

Education is not always necessarily enough to maintain a healthy lifestyle. Nursing research is needed on:

- The institutional level to investigate what bedside caregivers need to achieve a healthy lifestyle and to prevent health issues related to weight.
- The potential financial and national impact on healthcare and individual institutions. This would quantify the direct and indirect costs of nursing obesity.

Lifestyle changes are most effective when driven by personal motives not by external motives.