



Porcelain Press

Pacific Northwest
National Laboratory
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VPP's wellness survivor challenge

This year's VPP Wellness Program wants you! The 12-week challenge starts May 14 and is a gradual, progressive challenge designed to encourage a healthy lifestyle.



Spring is here and before long we'll be digging out the Bermuda shorts and tank tops, which means you probably have those thoughts stirring in the back of your mind about getting in shape for your spring and summer wardrobe.

It seems like it's such a daunting task—eating healthier and getting active—what fun is that? Believe it or not, just by making a few changes, you could be on your way to a happier and healthier you.

Unfortunately, being overweight has spread to epidemic proportions in the United States. The Department of Health and Human Services indicates that 2 out of every 3 Americans are considered “overweight or obese,” as defined as having a Body Mass Index over 25.

VPP's wellness challenge is an opportunity for you! Sign up between May 14-June 3 and follow each of the four three-week segments. If you reach the minimum points for each your name could be randomly selected to receive great incentive VPP prizes, such as gift certificates to local sport and recreation stores.

In addition, if you reach the minimum points for each three-week segment, your name will be placed in a drawing for the following prizes which include: **\$1000 REI gift certificate**, **\$500 to your favorite sport/recreation store**, **\$200 to your favorite sport/recreation store**, **\$100 REI gift certificate**.

For more information visit the VPP website at vpp.pnl.gov/.

The Voluntary Protection Program strives to promote safety and health at the Laboratory in an ever-changing way. Current VPP programs include: 24/7 Safety, Wellness, Safety DiaLOG, Porcelain Press, and MoveSafe.

Don't delay, report today!

In today's safety culture early reporting plays an important role in reducing musculoskeletal disorders.

Whether you are sitting at a desk for long periods, working in a stressful environment, or your job requires a lot of repetitive motion, you are at risk for developing Musculoskeletal Disorders (MSDs). Proper ergonomics can help prevent the possibility of MSDs.



MSDs include conditions that involve the nerves, tendons, muscles, and supporting structures such as intervertebral discs. They represent a wide range of disorders, which can differ in severity from mild periodic symptoms to severe chronic and debilitating conditions.

Examples of common MSDs and their symptoms include:

- **Carpal tunnel** – Numbness or tingling in your hand and fingers, especially the thumb, index, and middle fingers, pain in your wrist, palm or forearm, and trouble gripping objects.
- **Tenosynovitis** – Difficulty moving joint(s), pain and tenderness around a joint, and pain on movement of a joint.
- **Tension neck** – Fatigue and stiffness in the neck and neck pain and headache radiating from the neck (3H702).
- **Lower back pain** – Persistent aching or stiffness along the spine, sharp, localized pain in the neck, upper back, or lower back, and chronic ache in the middle or lower back.

Take some time to familiarize yourself with PNNL's ergonomics subject area in SBMS. If you need additional information or assistance, contact your Safety and Health representative.

Wellness Vendor Fair

Mark your calendar for the Wellness Vendor Fair on May 14 from 11 a.m. to 1 p.m. at EMSL 1077 and ETB/Columbia River Room sponsored by the Voluntary Protection Program and the Battelle Staff Association