HEALTHY NURSE INITIATIVE 2010

PURPOSE: Sedentary lifestyles and poor dietary choices lead to an increase in obesity, diabetes, HTN, and cardiovascular disease in the community. Nurses are not immune to these societal changes and are expected to be role models. We wanted to involve peri-operative nurses in a 12 week program to train for a half marathon and motivate them to make healthy lifestyle changes.

DISCISSION: E-mails were sent to Peri-operative staff inviting them to begin a workout routine with a goal of completing a half marathon. Staff who replied were placed on a list. Many were new to running; some were interested in walking. Staff were assisted in developing a plan to slowly build their activity level. Hints on stretching, diet, and staying motivated were sent. A face book site was constructed for communication between the participants to increase morale and involvement. There were scheduled runs for participants but most work was done individually.

OUTCOME: After 12 weeks of training, six nurses met at 6 AM for the race. All completed the 13.1 mile course. All were glad they remained dedicated to the program and five pledged to run the next half marathon in the spring.