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## Recess Newsletter October 2010

### Are singles and families ready to duke it out where you work?

#### In This Newsletter

Baby poop or cocktails?

Does Your Wellness Program Suck?

When Soda is Outlawed

#### Your Daily Dose of ADD



#### Join Our Evil Army



Commands sent monthly via email newsletter.

#### Quick Links

Wellness 101

Corporate Programs  
Corporate Case Studies  
Corporate Pricing

Group (under 150) Programs  
Group Case Studies  
Group Pricing

Individual Programs  
Individual Case Studies  
Individual Pricing

#### Throw the baby out with the water cooler?

##### Does your employer care about your family life?

Recently [Recess' blog](#) tackled the prickly subject of the [family friendly workplace](#). Who knew that those [cute little bundles of joy](#) could spark such intense controversy?

We want to hear about your perspective on the matter and are giving away cool prizes for your input.



First, go to our blog and tell us what you think **before November 14, 2010**. Encourage your friends to submit a comment, too. Make sure they say "[Your name] pointed me to this post..." so that we know to give you credit.



We'll be giving comment (if for a different [friendly and](#)

away a copy of [Walk There!](#) to the best you live outside of Portland we will arrange but equally awesome prize) and [an eco-super comfortable Alternative Apparel gray t-shirt](#) to the biggest commenter/friend group.

##### Some suggestions for commenting:

- Do you have a family and feel like you miss out on raises, promotions and opportunities for advancement because you can't work late?
- Are you a single go-getter who wonders why spouses and dependents' health benefit costs are eating up funds that could be used for employee training or advancement?
- Are you a business owner who feels like putting your family first means less after hours schmoozing with clients and fewer deals?

How do you suggest American workplaces deal with the different needs of those with families versus those without?

[Submit your comments and win.>>](#)

#### Does Your Company's Wellness Program Suck?

News & Events  
News Archive

### In The News

Super Secret Fitness on  
Kink.fm (.mp3)

LiveWire on OPB (.mp3)

No Place Like Work. Recess  
Client Rose City Mortgage in  
Oregon Business.

Fun Wellness: Recess Client  
Bullivant Houser Bailey in  
Oregon Business Magazine

Portland Business Journal:  
Smoking Cessation

[Recess' Blog: You'll Laugh,  
You'll Cry. You'll Lose Weight  
Just Reading It.](#)

## Need a diplomatic way to tell your employer?



Admit it. You were stoked when the company you work for announced the rollout of their new wellness program.

You'd been secretly fantasizing about a way to finally kick donuts for good and reclaim that six pack you had back in the days of the jv football league.

So you went to the first class and the instructor, a 20 something year old bohemian former modern dancer, started to lecture you and your office mates about chakra cleansing and "just letting go."

The only thing you are letting go is your dream of the six pack abs and hippie chick's class. In the meantime, the company's wellness committee is scratching their heads about why participation in their programs is at an all time low.

Need someone else to deliver the bad news? Take a look at [WhenWellnessSucks.com](#) and be prepared to laugh so hard that you might actually feel like you got the ab workout you deserved.

[Check Out WhenWellnessSucks.com >>](#)

## I'd Like To Buy The World A Stent

### Thirst aid? For that deep down reservoir of fat?

You know our schtick here at Recess. Everything in moderation. Make things realistic. Have fun. Yadda Yadda Yadda. It's true. In general we are pretty open to a pragmatic approach to wellness.

Sometimes, though, we have to dish out some tough love. For any of you who used to follow Benefits Buzz (R.I.P.) you know the [Recess party line on offering soda at work](#). For the rest of you the gist goes: if you are spending a ton of cash on a wellness program and simultaneously giving out pop at work, you are a nincompoop. There. We said it.

As it turns out we can't escape our moderate leanings even when we try to be fundamentalists. Our pansy version of a hard line stance on soda pales in comparison to a new [ad campaign bankrolled by the City of New York](#).

Click the image below to see their take on sugary beverages, but be warned. If you felt queasy when you watched the culmination of the McDonald's binge scene in Fast Food Nation, this video won't leave

you any better prepared to enjoy your next meal.



New York's aggressive stance on sugary beverage consumption is undoubtedly a product of their city's high obesity rates. Despite the fact that [New Yorkers walk more and faster](#) than most Americans, [nearly 1 in 5](#) New Yorkers is classified as obese.

And while obesity itself is not the problem, if the obesity is caused by sedentary lifestyle and/or dietary choices, it increases the likelihood that sufferers will develop complicated and chronic medical problems. Such problems are time consuming, difficult to treat and place a heavy burden on a city's hospitals and care providers - not to mention the lives and families of those who suffer.

What is your take? Is New York City going to far? Or is it about time? Give us your thoughts on twitter using the hash tag #sodaban

[Tweet about soda and 'the man.' >>](#)

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