



Date aired: ____6/9____ Time Aired:

Weekly Public Affairs Program

Show # 2019-23

Total running time: 29:30 (with optional exit at 24:00)

1. **Stefanos N. Kales, MD, MPH**, Professor of Medicine at Harvard Medical School, Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health

Dr. Kales co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.

Issues covered:

Length: 8:27

**Personal Health
Healthcare Spending
Physical Fitness**

2. **Karen Page Winterich, PhD**, Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University

Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.

Issues covered:

Length: 8:54

**Recycling
Consumer Matters**

3. **Patricia Thompson, Ph.D.**, corporate psychologist and management consultant, author of *"The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself"*

Dr. Thompson talked about the value of a mental health break from work, which can mean heading out early for the rest of the day or stepping away from the pressures of work for 15 minutes. She explained how employees can successfully request a mental health break, and what to do during one to mentally recharge.

Issues covered:

Length: 4:57

**Mental Health
Workplace Matters**