

the question remains in the final list of questions. The medical writer is ideally positioned to identify the parties responsible for supporting data and analyses that will be required to develop regulatory responses. They must have a good understanding of the development process and work closely with their team members in order to guide an efficient and effective preparation of position statements and responses to regulator questions.

*Priyanka Ingle-Jadhav, MD, PhD, MWC<sup>®</sup>, is a Translational Clinical Pharmacologist at CRC Pharma, LLC, in Parsippany, NJ.*

**Author contact:** [priyanka.ingle@crcpharma.com](mailto:priyanka.ingle@crcpharma.com)

### Reference

1. US Food and Drug Administration. *Formal Meetings Between the FDA and Sponsors or Applicants of PDUFA Products*. Silver Spring, MD: US Food and Drug Administration; 2017. <https://www.fda.gov/ucm/groups/fdagov-public/@fdagov-drugs-gen/documents/document/ucm590547.pdf>. Accessed February 11, 2019.

---

## FIT FOR FREELANCE: HOME WELLNESS HEALTH SECRETS

### Speaker

**Reggie Wilson, MS**, *Founder, Fit for Freelance, Naples, FL*

### By Kelly Schrank, MA, ELS

Reggie Wilson began in public health and nutrition and transitioned to medical writing as an extension of his desire to help remote workers enjoy their work-life balance. The session began with a recommendation of a TED Talk by Simon Sinek called “Start with Why” (<https://youtu.be/IPYeCltXpxw>). Your *why* drives behavior. Reggie Wilson believes quality of life is a better motivator than just improving health. For instance, you should focus on the experience of the 5-minute walk rather than just doing it to check it off your list or lose weight. As he stated, “The most enjoyable effects are likely to get you walking again.”

Health components include family history, environment, and lifestyle. A low level of exercise is a risk for a number of chronic health conditions, including diabetes, pain, obesity, constipation, heart disease, arthritis, high blood pressure, cognitive dysfunction, and stroke. Taking a break from work to stand up or walk for at least 1 minute makes a big difference in waist circumference, according to an article he cited, although he recommends a break of closer to 5 minutes. Overall, individuals should be striving to reach the Centers for Disease Control recommendations for activity levels: 150 minutes per week (22 minutes per day) of moderate exercise or 75 minutes per week of vigorous exercise.

There are immediate and long-term reasons to exercise. As Wilson said, right now (ie, sitting at the session [or reading this article]), there is less blood flow to the brain, and you have decreased focus and creativity; it takes more time and effort

to stay locked in and produce mistake-free work. In the long term, a continued sedentary lifestyle will result in more cortisol, which is associated with anxiety, depression, weight gain, and heart disease at high levels.

His solution? Have the audience stand up and move around to a YouTube video called “Instant Recess” ([https://youtu.be/tMuZ0\\_-Y7n4](https://youtu.be/tMuZ0_-Y7n4)).

Physically active people are happier and more productive, according to a number of articles Wilson cited; participants in a 2-week exercise program also decreased their sensitivity to anxiety. Exercise can make a difference in whether you have a good day at work or a bad day at work.

Wilson created a wellness community with online tips, personal training, and support for freelancers and entrepreneurs who want to confidently work better: <https://fitforfreelance.com/>.

The session materials contain the slides and references for the studies cited: [https://cdn.ymaws.com/www.amwa.org/resource/resmgr/conference/2018/handouts/healthmedwriting\\_wilson.pdf](https://cdn.ymaws.com/www.amwa.org/resource/resmgr/conference/2018/handouts/healthmedwriting_wilson.pdf).

### Home Wellness Recommendations:

- Take 1 Break an Hour
  - 5 minutes is optimal
  - Trade a coffee break for a walk
- Take Power Naps
  - 5-10 minutes
  - Use a timer
- Eat Healthy Snacks
  - Cut-up cucumbers
  - Almonds
- Get Regular Sleep
  - 7 hours/night
- Drink Water
  - Too little: get up to get more
  - Too much: more bathroom breaks

*Kelly Schrank, MA, ELS, is a freelance medical editor and owner of Bookworm Editing Services, LLC, in Canastota, NY.*

**Author contact:** [headbookworm@gmail.com](mailto:headbookworm@gmail.com)