

Wellness Works

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Give your heart a workout

Get physical to lower your risk of heart disease

Heart disease is a killer. In fact, it is the number one killer of Americans. And physical inactivity is one of several risk factors leading to heart disease. So let's get moving.

Here are five tips to get you started:

- **Guess what?** You don't have to spend hours a day at the gym. Target two and half hours of moderate aerobic activity each week – at least 10 minutes at a time.
- **No excuses.** Get active throughout the day by taking walks at work and just by doing things you like – biking, dancing, gardening or any other activity you enjoy.
- **A complete program.** Include an aerobic activity – walking, jogging or biking – to get your heart rate up; resistance training like pushups to firm, strengthen and tone muscles; and flexibility exercises to stretch and lengthen muscles.
- **It's all about your style.** Choose whatever works for you. Exercise alone or in a group – indoors or out.
- **Get active; stay active.** If you get bored, find something else you like. Set goals and plan ahead by scheduling activities into your day.

Following these tips may reduce your risk of developing heart disease. You'll also feel energized, reduce stress and build confidence.

Source: National Institutes of Health



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Nip allergies in the bud

You can manage and even prevent hay fever

You'd love to stop and smell the roses, but your nose knows better. Pollen, mold, pets, dust mites or other allergens can trigger allergic reactions in those who are sensitive to them. Try these suggestions to help your symptoms:

- Keep windows and doors closed and air conditioning on during allergy season.
- Install a good air filter at home.
- Avoid mowing the lawn or raking leaves as much as possible.
- Repair any moisture problems in your home.
- Use dust-proof covers on your mattress and pillows.
- Keep your pet out of the bedroom and out of the house as much as possible.

Without hay fever symptoms, life can be a little rosier. Start living allergy-free today.

Source: Mayo Foundation for Medical Education and Research



Achieving your Goals

Bit by bit

Adults should get 150 minutes of moderate or 75 minutes of vigorous activity each week. Sadly, less than 20 percent meet those guidelines. But this is a doable goal. Even short bouts of brisk movement can add up to good results.

There are 1,440 minutes in each day. Use 30 of them for physical activity. And it can be in as little as 10-minute groupings. Think about your day and look for ways to be more active.

Try moving while watching T.V., walking with a group on Saturday morning, parking the car further away, and taking fitness breaks or doing desk exercises at work.

Take a wise approach by starting slowly. Choose activities you enjoy, then slowly add to the length of time and speed.

A half-hour each day can make a big change in your health. Make each minute count with routine physical activity.

Sources: Centers for Disease Control and Prevention; U.S. Department of Health and Human Services

Give it up and live it up

You can have a healthier, smoke-free life

Smoking-related diseases cause an estimated 480,000 deaths in the United States each year. Smoking is responsible for an estimated one in five U.S. deaths and costs the U.S. over \$300 billion each year in health care costs and lost productivity.

But here's the good news. Quitting smoking can lead to immediate and lifetime health benefits. Stopping isn't easy, but when you know what your options are and where to go for help, you'll have a better chance of staying smoke free.

Smoking cessation tips

Ready to stop smoking and start living a healthier life? Refer to these important tips to stay on course with your stop smoking plan:

- Target a stop date and record your reasons for stopping.
- Get support from friends, family, your physician and stop-smoking resources and programs.
- Reduce stress to curb the urge to smoke.
- Take medication, if necessary, and use it correctly.*
- Prepare for the chance of relapse by focusing on your goals and reasons for quitting.

*Smoking cessation medication may not be covered by member's benefit plan.

Helpful resources for smoking cessation

American Cancer Society (ACS)

800-ACS-2345

American Heart Association

800-AHA-USA1

American Lung Association

800-LUNG-USA

The Smoking Quitline of the National Cancer Institute

877-44U-QUIT

Sources: Centers for Disease Control and Prevention; smokefree.gov