Health & Wellness Tip of the Week

Week 17 April 23, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.

BlueCross BlueShield of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

How does your garden grow?

Gardening is something you can do at any age. But before heading outside, here are some safety facts and tips:

- Before you start gardening, see your doctor to make sure you're healthy enough.
- You should protect yourself from insects that can cause illness.
- To keep mosquitoes away, get rid of any items in your yard that may collect water.
- Sunscreen is a must, and a wide brim hat will shade the face, head, ears, and neck.
- Pace yourself. If you've been inactive, slowly increase your time in the garden.
- Warm up before you start with stretching or a walk. Rest often.
- Listen to your body. If you get sore, stop and take a break.
- Drink lots of water.

Gardening is a great way to be active, enjoy the outdoors and even grow your own healthy food. You can burn 150 calories during 30-45 minutes of gardening and it can be a great stress reliever.

Source: Center for Disease Control and Prevention; American Society for Surgery of the Hand; Consumer Reports

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