

Physical Fitness Awareness January 2021


Live Well



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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Physical Fitness.

Take A Break And Take A Walk

One of the best ways to improve your health is to get to the heart and 'sole' of the matter. So grab some comfortable shoes, lace them up and get going on a walking program. Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's safe, simple, doesn't require practice and the health benefits are many. And it can help you lose those 'love handles,' too.

If you're crunched for time, you can even fit walks in during your work breaks and lunch. Always remember to warm up and stretch first. Also, keep your posture straight and avoid exaggerated movements to help prevent injury and setbacks. To stay motivated:

- Set performance goals
- Make it fun
- Vary your route or routine

Knowing The Right Amount Of Physical Activity



Staying active helps to keep your health and weight in check. Physical activity is any form of movement that uses energy. Follow these guidelines for a healthy start:

- Get active. Some physical activity is better than none. Any amount of movement will result in some health payback.
- Work up to 150 minutes of moderate or 75 minutes of vigorous movement each week. Try walking briskly, running or dancing.
- Do muscle strengthening two days a week. Fire your muscles by climbing stairs, doing pushups or lifting dumbbells.
- Stretch your muscles and joints by doing yoga, side stretches or touching your toes. Flexibility is a big part of the plan.

Source: National Heart, Lung and Blood Institute; Centers for Disease Control and Prevention

Beating Fitness Road Blocks



Do you want to be physically active but aren't sure how to get started? There may be some road blocks holding you back. Keep in mind these common reasons for dodging workouts and how to beat them:

- I'm out of shape from not being active – start with small amounts of motion that you enjoy, such as walking or riding a bike, and slowly raise the amount each day.
- I'm too busy – fit in fun 10-minute sessions of motion where you can, such as a brisk walk at lunch or playing tag with your kids.
- It costs too much – try low-cost ideas, like dancing to upbeat music in your living room, taking a walk after dinner or jumping rope.

Get moving today and fit physical activity into your daily life.

Sources: U.S. Department of Health and Human Services; U.S. Department of Agriculture

Walking FUNdamentals



Research revealed two-thirds of people in the United States weigh more than they should and nearly three-quarters don't get the recommended 30 minutes of physical activity daily. Walking is a safe, low-impact exercise that is simple and can be added to your daily routine with minimal effort.

Increase your steps and improve your health. Review these steps before you start your walking program.

Step 1 – Talk to your doctor

Most of us are healthy enough to start a walking program without a physical, but it's important to check with your doctor if you have a chronic health condition, like heart disease, osteoporosis or diabetes.

Step 2 -Buy walking shoes

While walking doesn't require any special equipment, it's a good idea to purchase shoes with sturdy but flexible, nonslip soles, good arch support and adequate heel padding.

Step 3 – Warm up and cool down

Start your walking program with a few gentle stretches – stretch slowly without jerking or bouncing. Also, give your body five minutes of slow walking to warm up, and do the same to cool down as you end your walk.

Step 4 – Pay attention to your form

Try to use good walking form – that's chin up, shoulders slightly back, elbows bent at a 90-degree angle, and toes pointed forward. Your heel should hit the ground first, and then your weight will roll forward on your foot.

Step 5 – Pace yourself

While you walk, take the "talk test" to ensure you're not overdoing it. You should be able to carry on a normal conversation as you walk. If you're out of breath, your pace is too fast. If you can sing, your pace is too slow and you might want to step it up.

Step 6 – Stick to a schedule

Find a convenient time to walk and do your best to stay with it. Pencil your walking time on your calendar and keep it as if it were an appointment.

Step 7 – Walk with a partner

Having a friend, family member or even your dog come along on the walk can motivate you and help you stay on track.

Step 8 – Add steps to your day

Climb the stairs instead of taking the elevator. Park a little farther away in a parking lot.

A Better Frame of Mind

Example 1: Moderate Intensity Activity and Muscle Strengthening Activity						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	30 minute brisk walk	30 minute brisk walk	Weight training	30 minute brisk walk	30 minute brisk walk	Weight training
Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity						

Regular physical activity isn't just good for your frame. It can also help you feel better about yourself.

Being active can result in:

- More energy
- Faster, sounder sleep
- Greater self-confidence
- Better ways to cope and relax
- Shared time with family or friends

If making time for 150 minutes of activity per week sounds tough, try breaking it up into smaller bits. Ten minutes of mid-level motion three times a day will give you the same perk as one 30-minute session. Think about taking three 10-minute walks. Maybe you can walk at lunch, on your break and after dinner.

By picking physical activities you enjoy and that match your abilities, it will help ensure that you stick with them.

Sources: National Heart, Lung and Blood Institute; Centers for Disease Control and Prevention

Taking Physical Activity To The Next Level



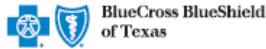
When you are more active, you'll be surprised at how much better you feel. Aim to slowly add to your workouts so you can better meet your weight management goals.

Try these easy ways to step up your game:

- Go from brisk walking to jogging.
- Swim or bike faster.
- Add pushups and squats twice a week.
- Add on to active time, such as walking an extra 15 minutes more per week.
- Mix in new ideas to change it up, such as playing ball, martial arts or gardening.

Sources: U.S. Department of Health and Human Services; U.S. Department of Agriculture

Did You Know?



Confused About Where to Go for Care?

SmartER CareSM options may save you money.

If you aren't having an emergency, deciding where to go for medical care may save you time and money.

You have choices for where you get non-emergency care — what we call SmartER Care. Use this chart to help you figure out when to use each type of care.

When you use in-network providers for your family's health care, you usually pay less for care. Search for in-network providers in your area at bcbstx.com or by calling the Customer Service number on your member ID card.

If you need emergency care, call 911 or seek help from any doctor or hospital immediately.



24/7 Nurseline

- Available 24 hours a day, seven days a week
- 24/7 Nurseline* can help you identify options when you or a family member have a health problem or concern
- Call **800-581-0393** to speak with a nurse
- At no additional cost as part of your health plan



Doctor's Office

- Office hours vary
- Generally the best place to go for non-emergency care
- Doctor-to-patient relationship established and therefore able to treat, based on knowledge of medical history
- Average wait time is 18 minutes¹



Retail Health Clinic

- Based on retail store hours
- Usually lower out-of-pocket cost to you than urgent care
- Often located in stores and pharmacies to provide convenient, low-cost treatment for minor medical problems



Urgent Care Center

- Generally includes evenings, weekends and holidays
- Often used when your doctor's office is closed, and you don't consider it an emergency
- Average wait time is 16-24 minutes²
- Many have online and/or telephone check-in



Hospital ER

- Open 24 hours, seven days a week
- Average wait time is 35-49 minutes (variable)³
- If you receive emergency room (ER) care from an out-of-network provider, you may have to pay more. Providers outside the network may "balance bill" you, which means they may charge you more than your health plan's fee schedule.
- Multiple bills for services such as doctors and facility



Freestanding ER

- Open 24 hours, seven days a week
- Could be transferred to a hospital-based ER depending on medical situation
- Services do not include trauma care
- Often freestanding ERs are out-of-network. If you receive care from an out-of-network provider, you may have to pay more. Providers outside the network may "balance bill" you, which means they may charge you more than your health plan's fee schedule.
- All freestanding ERs charge a facility fee that urgent care centers do not. You may receive other bills for each doctor you see.⁴

*24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.

¹Wash Annual Wait Time Report, 2017.

²Wait Time Trends in Urgent Care and Their Impact on Patient Satisfaction, 2017.

³National Center for Health Statistics, Centers for Disease Control and Prevention, 2019.

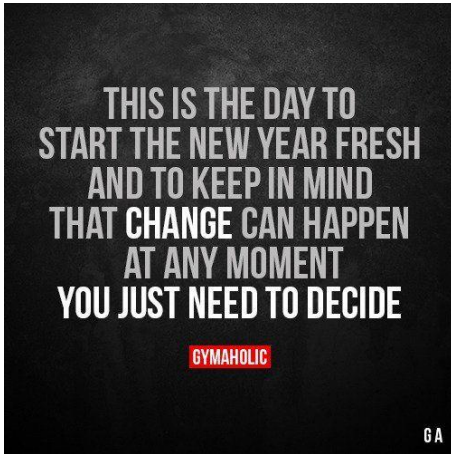
⁴The Texas Association of Health Plans.

Note: The relative costs described here are for independently contracted network providers. Your costs for out-of-network providers may be significantly higher. Wait times described are just estimates.

The information provided in this guide is not intended as medical advice, nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the information provided. Coverage may vary depending on your specific benefit plan and use of network providers. For questions, please call the number on the back of your member ID card.

Let's Get Moving!

Move of the Month



FITNESS CHALLENGE

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 18 Heel Kicks 15 Jump and Twists					1 5 Basic Lunges 5 Squat Jumps	2 HOBBY DAY Choose 1 hobby
3 6 Heel Kicks 5 Jump and Twists	4 8 Basic Lunges 7 Squat Jumps	5 6 Heel Kicks 5 Jump and Twists	6 8 Basic Lunges 7 Squat Jumps	7 6 Heel Kicks 5 Jump and Twists	8 8 Basic Lunges 7 Squat Jumps	9 HOBBY DAY Choose 1 hobby
10 9 Heel Kicks 8 Jump and Twists	11 10 Basic Lunges 9 Squat Jumps	12 9 Heel Kicks 8 Jump and Twists	13 10 Basic Lunges 9 Squat Jumps	14 9 Heel Kicks 8 Jump and Twists	15 10 Basic Lunges 9 Squat Jumps	16 HOBBY DAY Choose 1 hobby
17 12 Heel Kicks 10 Jump and Twists	18 12 Basic Lunges 11 Squat Jumps	19 12 Heel Kicks 10 Jump and Twists	20 12 Basic Lunges 11 Squat Jumps	21 12 Heel Kicks 10 Jump and Twists	22 12 Basic Lunges 11 Squat Jumps	23 HOBBY DAY Choose 2 hobbies
24 14 Heel Kicks 12 Jump and Twists	25 15 Basic Lunges 13 Squat Jumps	26 14 Heel Kicks 12 Jump and Twists	27 15 Basic Lunges 13 Squat Jumps	28 14 Heel Kicks 12 Jump and Twists	29 15 Basic Lunges 13 Squat Jumps	30 HOBBY DAY Choose 2 hobbies

Upcoming Events:

Virtual Physical Fitness Seminar

Tentative: Thursday, January 28, 2021

