



# your health & well-being

## Exercise Made Easy (Well, Easier)

Exercise is one important key to a healthy lifestyle. Did you know that lack of activity (together with smoking, high blood pressure and high cholesterol) is one of the four risk factors for heart disease?

Sometimes it may be difficult to find time for exercise, but your efforts can be repaid in many ways. Research has shown that even doing chores such as gardening and housework can lead to a healthier lifestyle.

Are you ready to increase your general daily activity? These tips will help you to aim for at least 30 minutes of activity each day.

- Instead of taking an elevator or riding escalators, walk up and down the stairs.
- Get up and away from your desk. A short break and a walk around the office every hour or so will help to decrease your stress level and improve your concentration.
- Take 20 minutes at lunchtime to get outside and take a brisk walk. Walk to a lunch place that is farther away, or explore an unfamiliar route.
- On the way to and from work, get off the train or bus before your normal stop. If you drive to work, park further away from your office.
- Cycle to work. Just be sure you have a road-worthy bike, a helmet, reflective and bright clothing, and know the route!
- Take advantage of more free time on the weekends to take long brisk walks, go for a bike ride, or go swimming. Remember, the greater the pace, the greater the benefit.
- Can you get up half an hour earlier and exercise before work? If you do this once or twice a week AND exercise on the weekends, you'll be well on your way to a more active life.

## Exercising with your family

- If you have small children and like to run, buy a baby jogger.
- Turn off the TV and play with the kids.
- Go swimming with your children, making sure you swim some laps.
- Plan family outings such as rollerblading, ice-skating or playing in the park.
- If you take your kids to a sports practice, go for a walk or jog while you wait for them.

## Remember why you exercise

If you make it part of your daily life routine, exercise can have many positive effects – physical and psychological – on your health and well-being.

It can be hard to leave behind those old couch-potato habits, but it **will** pay off, and you and your family will benefit. Make the decision to work on your activity level and create a new routine that you can stick with.

*Always check with your doctor before beginning an exercise program.*

Source: *vielife*



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*it's time to feel better*



## september tip of the month

### Get Started, and Keep Going

A workout partner can improve your motivation just by expecting you to show up. Your buddy can also motivate you by watching your progress, discussing your training schedule with you, or socializing after a workout. It's best to pick someone who is at about the same level of fitness as you. Changing or adding workout partners can sometimes renew your motivation as well.

If you are just looking for some quiet time to yourself, a quiet walk or other activity alone allows you time to plan your day or solve a problem.

Source: Healthwise®

So – how are we doing?

The U.S. Department of Health and Human Services (HHS) sets annual exercise guidelines. The 2008 guidelines call for 150 minutes a week of moderate activity, or 75 minutes of vigorous activity. CDC researchers found that fewer than 65% of Americans met that goal.

The HHS 2010 “Healthy People” recommendations call for a minimum of 30 minutes of moderate activity five days a week, or 20 minutes of vigorous activity three days weekly. Only 49% of us met that target.

Source: Healthwise®

## On myCIGNA.com this month

### Gotta keep moving!

One key to living a healthier life is staying active. People who exercise regularly are more likely to be healthy, and productive at work. An active life encourages better lifestyle habits, and helps you to reach and maintain a better body weight. Even something as simple as regularly going for a brisk walk at lunchtime can pay real dividends.

The **Energy and Performance online coaching program** from CIGNA can help you to increase your energy level and fitness performance. To get started, log in to myCIGNA.com and select the MyHealth tab.



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