



ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

JUNE 2015



Solving the puzzle of pain

Long-term pain can wear you down and take the joy out of life. You may not be able to work, or be active, or even sleep at night. And all of that can make you tired and cranky. Or depressed and anxious. That's why it's good to have a plan for handling pain.

Many different treatments can help, including medicine. But to feel better, you may need to do more than take a pill. You may also need to lower your stress or change the way you think.

Are you ready to tackle the problem of long-term pain? A good way to start is by talking with your doctor or other health care provider. You might also want to try a few of the helpful tips below.

What might work for you?

- **Medicines** can help you get better and even save your life. But they can also be risky if you don't take them the right way. Be safe with medicines. Your doctor will work with you to find the right types and dosage of medicine.
- **Heat or cold** therapy can help with arthritis. It also works for sore muscles and other aches.
- **Massage** can help reduce muscle tension.
- **Physical therapy** can improve your overall fitness and how you move.
- **Yoga** may increase your strength and help you move better. It can also reduce stress.

3 ways to stay active at work

Did you know that getting up and moving at work can improve your chances for good health? One way to make it happen is to try these 3 tips:

- 1 Take the stairs between meetings or take breaks to walk the stairs
- 2 Walk to a co-worker's desk instead of calling or emailing
- 3 Stretch at your desk every 30 minutes



keys to living healthy



Upcoming events

Nutritional Sources of Energy

"Learn the function of carbohydrates, proteins, and fats in the body and how to monitor portion sizes for balanced eating."

June 9, 9:30 AM and 1:30 PM CT



Can texting be a pain in the neck?

Let's face it. We all spend too much time looking at our mobile devices. But did you know that this can sometimes cause neck pain? Anytime you strain the structures of the neck—including muscles, nerves, bones, and the disks between the bones—it can cause discomfort. Bending over a desk for hours, or poor posture while watching TV or reading can cause the same problem.

To protect yourself against neck pain:

1. If you work at a computer, stretch your neck every hour or so.
2. Use good posture when sitting at a desk all day.
3. Use a headset when on the phone.
4. Make sure your pillow is properly supporting your head and neck.

Coach's Corner

Mallory is an ActiveHealth Lifestyle Coach and Certified Personal Trainer based in Illinois. She has a Bachelor's degree in Health Promotion and a Master's degree in Exercise Physiology.

Working one-on-one with members to help them achieve a balanced, healthy lifestyle has been Mallory's passion for over 10 years. She loves to help people use exercise for both health and stress management.

Mallory's favorite quote

"The secret of getting ahead is getting started."

- Agatha Christie



A wealth of health resources

At MyActiveHealth you'll find lots of ways to better manage your health. Want to view past Wellness Webinars? Check out healthy recipes? Use interactive health trackers, health care decision support and information on wellness and conditions? **You'll find all of these great tools in the Resources section. Just click on My Action Plan in the left sidebar.**

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