

# ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

May 2016



## Let's get moving!

Watching TV. Staring at our smartphone. Sitting at a desk for hours. It's what millions of us do every day, but it takes a toll on our health. We'd like to be more active, but we don't feel we have the time. Or we hate the idea of going to the gym. But staying active is important—and it's extra important for people with diabetes, high blood pressure or other health issues. The healthy life is an active life!

Would you like to start being a little more active? Would it make you feel better about your life? Here are some simple steps you might want to follow:

### Getting started:

1. **Choose an activity that you really enjoy doing.** You are more likely to stick with the exercise if you like it.
2. **Start off slowly**, maybe just 10 to 15 minutes. Then slowly increase your time and try to do the activity a little more often.
3. Find an **exercise buddy**. This may help you stay fired up and make the activity more fun!
4. Try to include some **aerobic exercise, stretching and muscle strengthening** into your daily routine.
5. **Think "outside the gym."** Try going for a walk, dancing, gardening, or even playing with children.

Did you know standing up burns more calories than sitting?



Try standing! The muscles in your back and legs do extra work when you stand. To burn even more calories, pace back and forth while you talk on the phone. If you have a desk job, see if you can get a standing desk. It helps to spend part of the day standing at work.



## Upcoming events

### Motivating Mississippi Webinar

"Secrets to Staying Active"  
May 24th – 9:30 AM and 1:30 PM CT

[http:// go.activehealth.com/mississippi-webinars](http://go.activehealth.com/mississippi-webinars)

## Fitting in physical activity at work



Do you find it hard to fit exercise into your busy work day? If so, you're not alone. But there are many ways to stay active at work, and even have a little fun, too!

You might want to try some of these tips. If they don't work for you, think of some that do. You are in charge of your health!

- Use your morning commute to get in some extra walking. Park several blocks away or get off the bus a few stops earlier. Take the stairs instead of the elevator.
- Suggest holding meetings with people during a walk inside or outside the building
- Try a "squeeze ball" to flex and tone hands and arms. It helps release tension from stress as well
- Stand and do simple stretches while making phone calls.
- If you need to speak to someone, walk to his or her office rather than using email or the phone
- Use your lunch hour for a workout. Go to the gym or take a brisk walk, jog or bike ride.

**Getting active in your work life may take some time before it becomes a habit. But you can do it!**



## Coach's corner

Meet **Claude**, our newest onsite health coach with ActiveHealth® Management. Claude has a Bachelor's degree in Exercise Physiology and a Master's in Healthcare Administration. Claude has a passion for fitness and enjoys helping people reach health and fitness goals, no matter how big or small!

### Claude's insight:



"Fitness and exercise should not feel hard or difficult. Find something you enjoy: biking, walking, jogging, hiking, playing a sport or even dancing or playing with your kids. Then do it as much as you can. Get outside on nice days and enjoy the sunshine! Have a backup plan for days when the weather is bad or you can't get to the gym. Remember to have fun and it won't feel like you are exercising."



## Sync your devices!

Great news – you can sync your devices and apps with trackers from the MyActiveHealth™ website. This includes wearables and scales. The data will sync to the Wellness or Condition Trackers on the site.

Ready to try it? Just click **My Action Plan** in the left sidebar, then choose **Devices and Apps**. You might want to visit [MyActiveHealth.com/Mississippi](https://MyActiveHealth.com/Mississippi) and get started today.

Source: 14 ways to burn more calories. Retrieved April 15, 2016, from: <https://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000894.htm>



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