

Wellness News

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healthy changes
everything.®



BlueCross BlueShield
of Western New York

Welcome to Good For You!™

National Walk at Lunch Day

April 25, 2012 is National Walk at Lunch Day. Mark your calendar to kick-off (or continue) your own walking program. It's a great — and inexpensive — way to add exercise to your day. And, if you partner with a friend, chances are better you'll stick with it.

So, lace up those sneakers and start improving your health, one step at a time.

Did you know?

Nearly 60 percent of American adults don't get enough physical activity.

Do one thing.

Take a walk with a co-worker at lunchtime.

April is National Humor Month



It's a fact - laughter is the best medicine. It can improve your health, enrich the quality of your life, and boost your morale.

Benefits of laughter include:

- Decreased stress hormone (cortisol)
- Release of "feel-good" endorphins
- Improved blood pressure and heart rate
- Reduced inflammation
- Increased antibody production

Did you know?

The study of laughter and its effects on the body is called gelotology.

Do one thing.

Share a laugh with co-workers.

National Walk@Lunch Day®

TURN A WORKING LUNCH INTO A WALKING LUNCH

APRIL 25, 2012

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BlueCross BlueShield of Western New York

This newsletter is brought to you by the Health Promotion Department at BlueCross BlueShield of Western New York. For more information about the services we offer, please call 1-800-666-1456, ext. 7519.

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Get Fit – Strengthen Core Muscles

The core muscle group – abdominals, obliques, low back, gluteals, hamstrings, quadriceps, and hip flexors – support and stabilize the spine, shoulders, and hips. To avoid poor posture, decreased flexibility, and back pain, try core exercises such as:

- Hip thrust
- Superman
- Bicycle crunches
- Plank
- Side plank
- Push-ups

Did you know?

Strong core muscles make day-to-day activities easier.

Do one thing.

Include core training in your exercise routine twice a week.

Eat Fit – Read Product Labels

Reading product labels is a good practice, but it's definitely time consuming. Here's how to make label reading a breeze:

1. Look for the serving size and number of servings.
2. Find the number of calories per serving.
3. Check the daily value percentages (20 percent is a good nutrient source).
4. Read the ingredients – the first few ingredients equal 90 percent of the product.

Remember to limit saturated and trans fats, sodium, and cholesterol.

Did you know?

If a food item has less than 0.5 grams of total fat per serving, the total fat grams listed are zero.

Do one thing.

Be sure to get enough good nutrients, such as fiber, vitamins, and minerals.

Live Fit – Improve Your Memory

A strong memory depends on the health and vitality of your brain. There are many ways to improve memory and mental performance:

- Exercise – chemicals are released that help protect brain cells.
- Sleep – aids long-term memory.
- Socialize – stimulates the brain.
- Laugh – engages multiple areas of the brain.
- Meditate – encourages connections between brain cells.
- Eat well – a healthy diet including omega-3 fatty acids, fruits, vegetables, complex carbohydrates, and wine (in moderation).

Did you know?

New brain connections are formed every time you create a memory.

Do one thing.

Increase neural pathways by trying new and challenging activities.

