



Get Fit, Stay Fit

Horizon



Horizon Blue Cross Blue Shield of New Jersey

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Always speak with your doctor before starting an exercise program or diet.

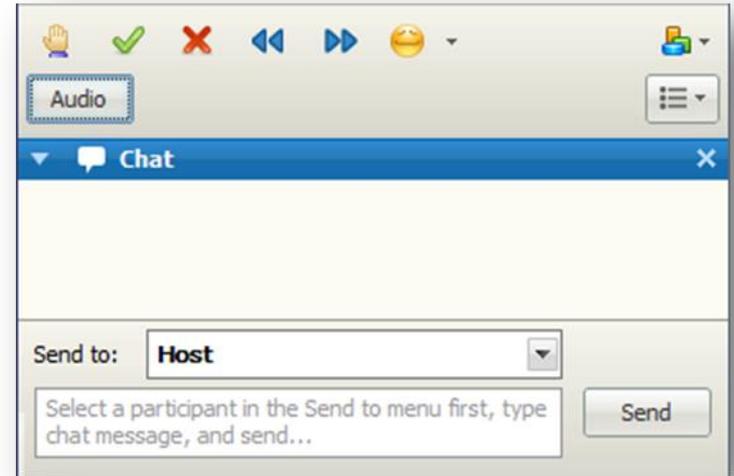
If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

There may be therapies and programs described here that are not covered benefits. Check your benefit plan or contact your benefit administrator for coverage details.

Questions? Use the Chat Tool

How to send a message via Chat:

1. Look at the top-right corner of the screen for the word *Chat* with dialogue bubble image.
2. Click on the image.
3. On the lower right of the screen, see dropdown menu for options on who to send a message to. Select *Host*.
4. Type your question in the box and select *Send*.



Questions may be addressed to the group after the presentation.

Agenda

- 1 Benefits of exercise
- 2 Types of exercise
- 3 Exercise precautions
- 4 Barriers and solutions
- 5 Setting goals to change habits
- 6 Resources and your questions

Why Should You Exercise?

Exercise is vital to your whole body.
Regular exercise can help prevent:

- Arthritis
- Certain forms of cancer
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Obesity
- Osteoporosis
- Stroke



Why Should You Exercise?



How Much Activity Do You Need?

Aerobic Activity

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
- An equivalent combination of moderate- and vigorous-intensity aerobic physical activity

Muscle-Strengthening Activity

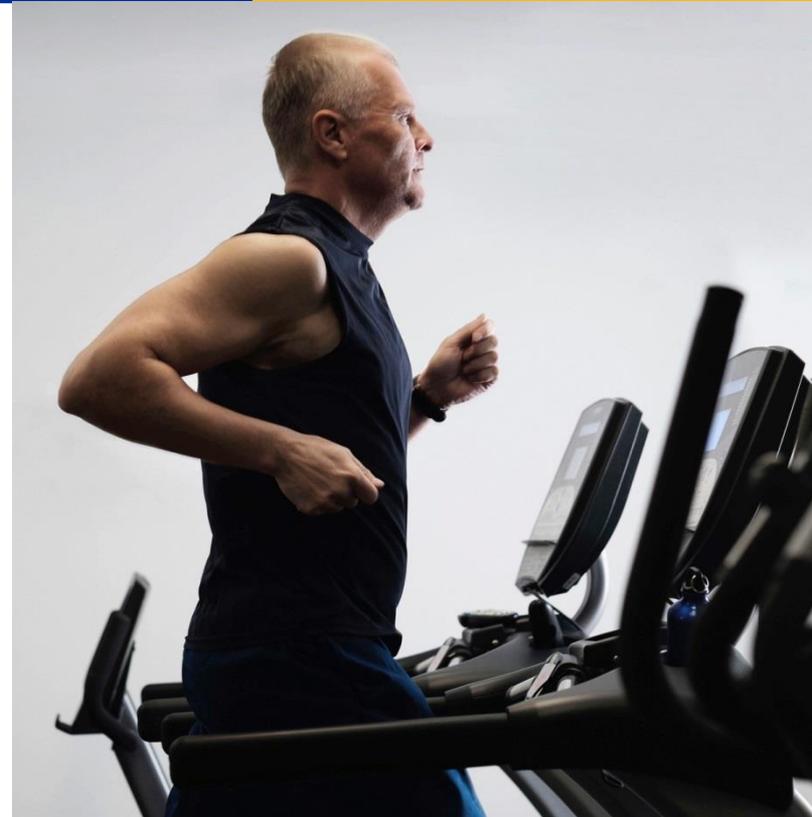
- Two days a week: muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups

Always consult with your doctor before starting an exercise program.

Special Considerations

Although everyone should speak with their doctor before starting an exercise regimen, it is especially important that people who fall into the following categories do so, as they may face additional health risks associated with exercise.

- Men older than 45; women older than 55
- Those with a chronic condition such as:
 - Diabetes
 - Heart disease
 - High blood pressure
 - Osteoporosis
 - Arthritis



Aerobics

Aerobic activities increase your heart rate for a sustained period of time, and require your body to use more oxygen.

Moderately intense activities	Vigorously intense activities
Bicycling five miles in 30 minutes	Bicycling at least 10 mph
Briskly walking two miles in 30 minutes	Jogging or running
Dancing for 30 minutes	Aerobic dance
Gardening for 30 to 45 minutes	Heavy gardening
Water aerobics for 30 minutes	Swimming laps
Using hand cyclers	Hiking uphill

Strength Training

Build strong muscles and bones with muscle-strengthening exercises.

- Include a 5-10 minute warm-up.
- Choose a weight or resistance level heavy enough to tire your muscles after about 8-12 repetitions.
- Lift free weights or use weight machines.
- Use resistance bands.

Stop if you feel pain!

- Experts recommend 2 full days of rest between strength training workouts to allow specific muscle groups time to recover.



Flexibility

Flexibility exercises can help **to**:

- Strengthen, lengthen your muscles
- Improve joint flexibility
- Keep muscles limber
- Prevent future injury

Examples:

- Pilates
- Tai Chi
- Yoga



Exercise Hacks for TV Time

- Get up and turn the channel of the TV – don't use the remote.
- Walk or use the stairs during commercials.
- While you watch TV:
 - Use resistance bands or lift some small cans (e.g., soup).
 - Use a stationary bike or walk on a treadmill.
 - Sit on a stability ball, not the couch.
 - Iron your clothes.



Scale Smarts

Weight Gain	Calories in food > Calories used
Weight Loss	Calories in food < Calories used
Weight Control	Calories in food = Calories used

Always speak with your doctor before starting a new diet regimen.

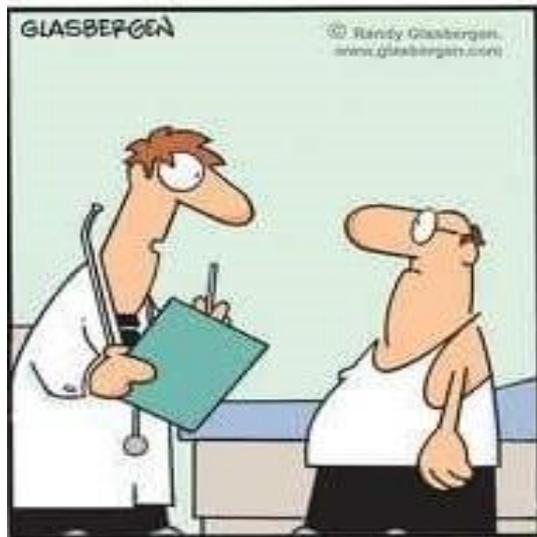


Stay Safe

- Consult with your doctor about the types and levels of activity that are right for you.
- Always include a warm-up and cool-down period.
- Stay hydrated.
- “Start low and go slow” by gradually increasing the frequency and duration of activity.
- Use appropriate gear and sports equipment. Wear shoes with proper support and traction.



Common Barriers and Solutions



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Barrier	Solution
<i>"I don't have time."</i>	Park further away; take the stairs.
<i>"I'm too tired."</i>	Exercise in 10 minute intervals.
<i>"It's too expensive."</i>	Walk or bike outside; check out videos from the library.
<i>"I'm afraid of getting hurt."</i>	Start low and go slow; take a class; work with an instructor.
<i>"I don't have anyone to watch my kids."</i>	Include your kids; take turns with other parents to watch the kids.
<i>"It's too hot/too cold."</i>	Walk at the mall; join a fitness center.
<i>"It's a chore."</i>	Make it fun—dance, garden, swim; work out with a buddy.
<i>"I have a health problem and I don't want it to get worse."</i>	Always talk to your doctor about activities that are right for you.

Being Successful

- Set achievable goals.
- Write down your goals.
“I will walk 10 minutes a day, three days a week.”
- Once you feel comfortable, try to do more.
“I will walk 15 minutes a day, four days a week.”



Being Successful

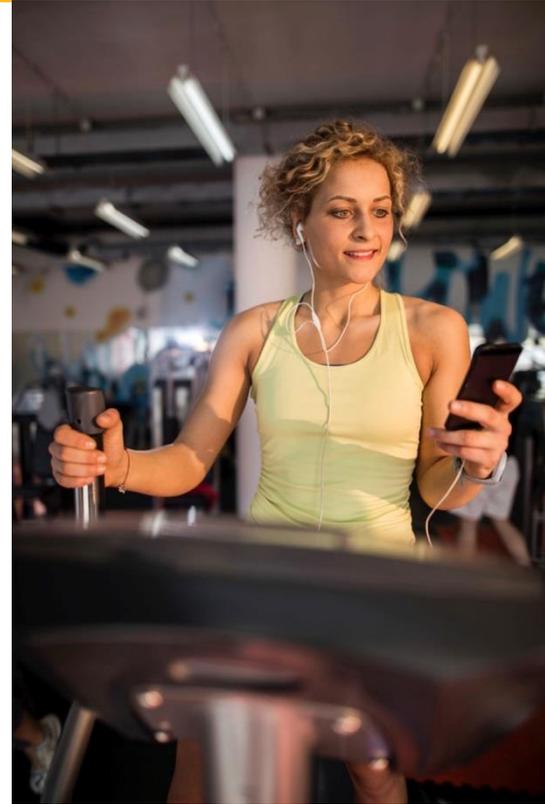
- Keep an activity log to track your progress, including:
 - Time of workout
 - Type of activity
 - Duration of activity
 - How you felt during activity
- Tracking your progress can help you stay motivated.
 - Record days that you did not workout and what may have caused the change in routine.
 - Consider using a pedometer and gradually increase steps per day.

Being Successful

Remember to reward yourself as you reach milestones toward your goals.

Some ideas:

- A healthy dinner out
- A new pair of athletic shoes
- A pedometer to help you stay on track
- New tunes to enjoy while you exercise



Remember

- Check with your health care professional.
- Start slowly.
- Set achievable goals.
- Track progress.
- Reward yourself.
- Think variety.
- Be comfortable and stay safe.
- Listen to your body.
- Get support.
- Eat nutritious foods.



Horizon BCBSNJ Resources

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See videos explaining how we're transforming the health care delivery system in New Jersey, youtube.com/BCBSNJ.

Sources

- American Council on Exercise: acefitness.org
- American Heart Association: heart.org
- Centers for Disease Control and Prevention: cdc.gov
- National Heart, Lung, and Blood Institute: nhlbi.nih.gov
- National Institute of of Diabetes and Digestive and Kidney Diseases: niddk.nih.gov
- Office of Disease Prevention and Health Promotion – 2008 Physical Activity Guidelines for Americans: health.gov/paguidelines
- *WebMD*®: webmd.com

Questions?



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Chinese (中文) : 如需中文協助, 請致電 □ 1-800-355-BLUE (2583)。

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