

## Plan for Health: August 2022



**This month's highlights include Moving Your Way and My Weight Management Journey Coaching Program**

### **Move Your Way and Make Fitness Fun**

Exercise has many health benefits like reducing the chances of heart disease, stroke, and diabetes. During the summer months, there is no shortage of options to stay active. According to *President's Council on Fitness, Sports and Nutrition*, less than 5 percent of adults choose to exercise 30 minutes each day. For many of us, it is boring and way too repetitive. However, when you choose to make exercise fun there is a higher likelihood that you will stick with it.

If you enjoy sports, join a recreation league like kickball, sand volleyball or tennis to name a few. If you like competition, start signing up for local 5K walk/run races. If you need accountability, find a friend to exercise with each day. Get involved with your children and play games. Who doesn't like to channel their inner child and play a game of laser tag, the floor is lava, or take a trip to the local playground? In order to get the most out of being active, do what you love and enjoy and start to make exercise part of your daily routine.

### **Tips to Remain Safe in the Heat when Exercising**

1. Stay hydrated and drink plenty of water.
2. Incorporate electrolytes if you're exercising longer than an hour.
3. Wear light-colored, breathable clothing.
4. Stay in the shade as best you can.
5. Protect your eyes by wearing sunglasses.
6. Avoid exercise during the hottest hours of the day (12:00 noon to 5:00 pm).
7. Know the signs of heat exhaustion - dizziness, nausea, light-headed and cramps.
8. Lighten the intensity of your workout - walk instead of run, bike ride on wooded trails or stay cool by going swimming.
9. Shorten the duration of your workout – rather than an hour run in the sun on your lunch break, try running 30 minutes in the morning when the temperature is cooler and another 30 after work when the sun is setting.
10. Place cooling towels around your neck or inside your hat to keep you cool.

## My Weight Management Journey coaching program

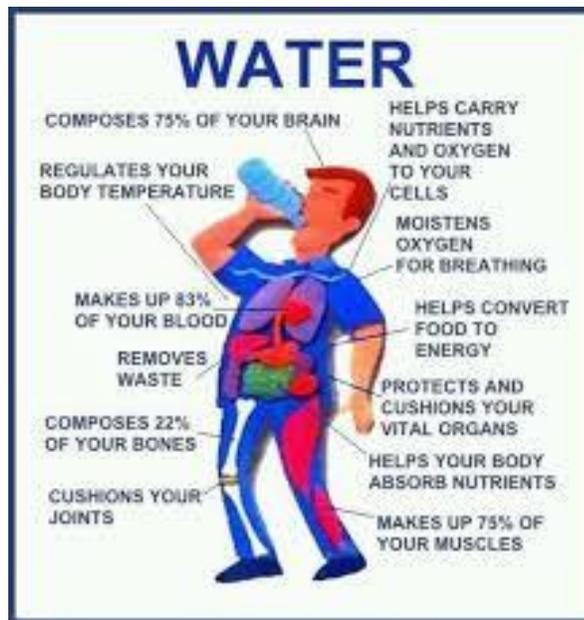
Maintaining a healthy weight is important for overall health and well-being. The **My Weight Management Journey** coaching program is a telephonic program designed to help you build the skills to manage your weight and maintain long term success. Experienced wellness coaches educate you on how to choose the best nutrition approach, apply mindful eating skills, build an exercise plan and address overcoming personal barriers that influence weight loss.

To get started with your own weight management journey, call **1-800-650-8442** to get connected with a coach, Monday – Friday, 8:30 a.m. – 7:30 p.m. ET or visit your plan website to learn more.

## Sharecare Featured Challenge

Join **the Beat the Heat Challenge** and work on staying hydrated in the summer heat during the month of August. Complete the challenge by tracking your hydration for 21 days this month!

Join this challenge by going to [mycare.sharecare.com](https://mycare.sharecare.com) and clicking **Achieve** → **Challenges** → **Upcoming** and join the challenge, beginning July 25<sup>th</sup>.



**Plan Ahead: Join us next month for September's health topics:**

**Diabetes: Healthy Tips to Lower Your Risk and the Diabetes Prevention Program (DPP)**