

# BUILD A STRONG FOUNDATION

## HEALTHY BONES, JOINTS AND MUSCLES PREVENT INJURIES



A solid frame supports any structure better. Strong bones, healthy joints and toned muscles are the foundation of a healthy body. They are also the best prevention against injuries.

### PROTECT YOUR JOINTS

Make simple changes in everyday habits.

- Lift slowly. Align your spine and bend your knees. Lift with your legs. Do not twist at the waist.
- Stop to stretch when driving long distances.
- Support your lower back when sitting.
- Fit your workstation to your body for correct posture.
- Sleep on a firm mattress. Use pillows to support your joints.

### ROTATE YOUR PHYSICAL ACTIVITIES

All types of physical activity help preserve bone mass and build muscle. But different types produce different results.\*

- Flexibility exercises decrease joint stiffness, improve range of motion and minimize muscle soreness. Get a yoga video or join a yoga class.
- Aerobic exercises boost metabolism, decrease inflammation and improve stamina. Ask a friend to go walking, swimming or cycling.
- Strength training stabilizes joints, strengthens muscles and increases bone density. It decreases your risk for osteoporosis and fractures. Try dumbbells, resistance bands or gravity machines.

### MANAGE YOUR WEIGHT

Just losing five to 10 pounds of your body weight reduces the impact on your joints and gives you energy.\*

- Know why your weight, body mass index and waist circumference are important.
- Develop a weight-loss strategy and set a realistic goal.
- Consider enrolling in a weight-management program.

### PREVENT BONE- AND JOINT-RELATED DISEASES

To help prevent bone fractures, focus on a diet rich in calcium and vitamin D. Exercise regularly, especially weight-bearing exercises.\*

\* Talk to your doctor or health care provider before beginning any type of physical activity or weight-loss program.



### A SOLID FOUNDATION CAN PROTECT AGAINST INJURIES

A solid foundation can protect against injuries. Talk to your doctor or call a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428) and start building today.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.  
10/16 CS201308



HIGHMARKBCBS.COM