

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



Feeling Fit, Feeling Fine

Physical fitness can be measured by an athlete's agility, balance, power and speed. Health-related fitness is something all of us can achieve through regular physical activity. The benefits of both are a healthy heart and lungs, increased flexibility, and muscular strength and endurance.

Health-related fitness helps you feel your best and reduces the risk of heart disease, colon cancer, diabetes, high blood pressure and more. Being fit also helps you to have more energy throughout the day for work or school and energy left over to enjoy your leisure time.

How much physical activity is required to become fit?

Experts recommend that adults be active at moderate intensity (equal to a brisk walk) for 30 minutes a day, 5 days a week or more. They also should strive for vigorous exercise for 20 minutes a day, 3 times a week or more. Vigorous exercise is done at a pace that increases your heart rate to 70 percent or more of your maximum heart rate – the fastest your heart can beat at a maximum activity level. Children and teens should be active at least 1 hour a day.



How can I be more physically active?

Activity throughout the day burns calories and helps maintain your weight. Small activities such as taking the stairs instead of the elevator or parking far away and walking to your office or the grocery store can add up quickly to the recommended 30 minutes of moderate activity. Make a plan to ride your bike to work once a week. Instead of e-mailing or calling a coworker, get up and walk to his or her desk. If you don't have time to take one 30-minute walk, break it up into three 10-minute walks.

Walking is an activity that most people can do safely and routinely with family members, friends, coworkers, or pets. If you want a more structured way to get exercise, consider joining a health club or community center that offers fitness activities. Find an activity that you love and feel you can stick with, and then vary it with other activities so you don't get bored. For example, 3 days a week, take a brisk, 30-minute walk with a friend and then lift some weights

together. On other days, take a water aerobics class, ride a bike, or take the dog for a hike. Join a softball, volleyball, or basketball league. The more you can find activities you like, the greater your chances for success.

Whatever you choose, try to make physical activity a regular and essential part of your day, just like brushing your teeth or going to work. Make an appointment with yourself when you are most likely to keep it. For example, consider scheduling your activity in the morning if you tend to talk yourself out of it later in the day. Start slowly and be sure to consult your doctor first, especially if you aren't active or have health problems.

Sources: *WebMD.com, 2005.*

Did You Know?

Did you know that the CIGNA Healthy Rewards® program offers discounts on several weight management programs such as Weight Watchers® and Jenny Craig? Visit myCIGNA.com for more information.

Smart Choices - Healthy Rewards

A big part of staying healthy depends on the choices we make. And today, we have choices like never before. From acupuncture treatments to buying vitamins online. From aerobics classes to a therapeutic massage. From chiropractic to vision care services.

The choices are there. But how can you afford to make some of them a regular part of your health regimen? That's the idea behind Healthy Rewards®.

Healthy Rewards® from CIGNA HealthCare gives you up to 60 percent off on a variety of alternative and complementary health services and products, including:

- Acupuncture
- Books from Mayo Clinic
- Chiropractic Care & Massage Therapy
- Dental Care/Anti-cavity Products
- Fitness Club Memberships
- Guided Imagery & Mind Body Techniques

- Health & Wellness Products
- Hearing & Vision Care
- Just Walk 10,000 Steps-a-Day™ Pedometer Program
- Laser Vision Care
- Tobacco Cessation
- Vitamins & Herbal Supplements
- Weight Management & Nutrition Services
- Weight Watchers® and Jenny Craig

If good health is its own reward, consider Healthy Rewards a well-deserved bonus. To learn more, visit www.cigna.com/healthyrewards.

Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.

Surrender to Snack Attacks

It's 3 p.m., and your stomach is rumbling. Lunch is just a memory and you'd love a snack, but you're trying to watch what you eat.

MUNCH AWAY!

Having a healthy snack every three to four hours can actually help control your appetite so that you don't overeat at meals. So there's no reason to hold off until dinner. Just choose your snack wisely.

The trick to healthy snacking lies in the planning. If you're usually hungry in the afternoon, bring a healthy snack to work with you. Or break up your lunch into two mini-meals — have the sandwich and fruit for lunch and save your salad for later. Then, when hunger strikes, you won't resort to the vending machine.

Ideas for Healthy Snacks

Lots of snacks are healthy, satisfying and easy to prepare. And fresh fruits and vegetables aren't your only options.

Did You Know?

Being fit improves your overall health and reduces your risk of disease.

Fitness benefits include:

- A healthier heart.
- Healthy muscles, bones and joints.
- Increased burning of calories.
- Better ability to cope with stress.
- Improved ability to fall asleep and sleep well.
- Increased energy.
- Increased mental acuity — sharper and faster thinking.

Here are some other ideas:

- Pita bread and hummus
- Baked tortilla chips and salsa
- Half a bagel with cottage cheese and apple
- Mini tortilla with melted low-fat cheese
- Slice of toasted raisin bread spread with apple butter
- Frozen grapes

A snack doesn't need to be high in fat and calories in order to curb your craving. With a little imagination and a few simple ingredients, you can have a snack that tastes good and is good for you.

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