

# Wellness News

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healthy changes  
everything.<sup>SM</sup>



BlueShield  
of Northeastern New York

## Welcome to Good For You!<sup>SM</sup>

We're making it easier for you to live a healthier life with easy-to-use programs and great activities, information and support. All it takes to get started is to **Do one thing.**<sup>SM</sup> It's as simple as taking a walk at lunch time or using the stairs instead of the elevator. Small changes can lead to big improvements!

For more ideas, visit [www.bsneny.com/GoodForYou](http://www.bsneny.com/GoodForYou).

### National High Blood Pressure Education Month

May is National High Blood Pressure Education Month. High blood pressure is a serious, often symptomless, condition but the good news is...it's preventable.

Try these lifestyle changes to reduce your blood pressure:

- Stop smoking
- Exercise 30 minutes each day
- Follow a healthy diet
- Practice relaxation techniques

Go to [cdc.gov](http://cdc.gov) to learn more.

#### Do one thing

Skip the salt.

#### Know Your Numbers

The systolic and diastolic pressures are written one above the other. For example:

120/80 or lower  
is normal blood pressure

140/90 or higher  
is high blood pressure

A top number of 120 – 139 or  
a bottom number of 80 – 89  
is considered  
pre-hypertension.

### Did you know?

One in three adults has high blood pressure.



### National Fitness and Sports Month

May is National Fitness and Sports Month. Participation in sports and fitness activities helps reduce the risk of obesity, heart disease and diabetes. The President's Challenge encourages physical activity in adults and children and offers tools, motivation and awards!

For more information and to sign-up, go to [presidentschallenge.org](http://presidentschallenge.org).

#### Do one thing

Sign up for the President's Challenge today!



### Did you know?

About 9 million children ages 6 and above are obese.



This newsletter is brought to you by the Health Promotion Department at BlueShield of Northeastern New York. For more information about the services we offer, please call 1-518-220-4640, or visit the "Health & Wellness" section of our web site at [www.bsneny.com/bluelife](http://www.bsneny.com/bluelife).

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## Get Fit – Walk Your Way to Wellness

Walking is a great way to exercise — it's low-impact and inexpensive — and the only equipment you need is a good pair of sneakers.

Walking just 30 minutes a day can:

- Reduce blood pressure
- Increase good cholesterol (HDL)
- Reduce bad cholesterol (LDL)
- Increase physical endurance

Lace up those sneakers and get moving!

For more tips and advice, go to [walkinginfo.org](http://walkinginfo.org) or visit our member website and click on *BlueLife\** > *Resources* for sample programs and a library of exercises.

### Do one thing.

Walk two to three times a week with a friend.

## FACT:

For every minute you spend walking, you add 1.5-2 minutes to your life.



## Eat Fit – Fad Diets vs Healthy Eating

Fad diets that claim to burn fat and eliminate excess pounds quickly are not only a waste of time and money, they are unhealthy. Fad diets can cause:

- Poor long-term weight control
- Increased risk for chronic diseases
- Reduced physical performance
- Increased risk of developing kidney stones and gout

One to two pounds per week is healthy weight loss and can be achieved by eating a balanced diet that includes all food groups, along with exercise and increased physical activity.

For more information about nutrition and fad dieting, check out [webmd.com](http://webmd.com) or visit our member website and click on *BlueLife* > *Resources*.

### Do one thing.

Reduce portion size at meal time.

## FACT:

Dieters represent two-thirds of the American population.



## Live Fit – Catch those zzzzzzzzz's

Our body needs 7 to 9 hours of sleep each night in order to function properly. Sleep helps strengthen the mind, muscles and soft tissue.

The benefits of a good night's sleep are:

- Improved memory
- Decreased inflammation
- Increased weight loss
- Decreased stress
- Increased alertness

Relax your mind by reading or listening to gentle music at bedtime.

For more tips, go to [apa.org](http://apa.org) or visit our member website and click on *BlueLife* > *Resources*.

### Do one thing.

Take that TV out of the bedroom.

## FACT:

One out of three people have experienced insomnia.



\*BlueLife available to most members; check your plan for details.