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Fitness for Life





Fitness Definitions

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Physical activity: Movement produced by skeletal muscles resulting in energy expenditure

Exercise: Physical activity that is planned, structured and repetitive, focused on improving or maintaining a particular level of physical fitness

Physical fitness: Attributes that are either health or skill related - the degree to which people have these attributes can be measured with specific tests

Source: National Institute of Health



Components of a Fitness Program



- Cardiovascular endurance
- Muscle strength
- Muscle endurance
- Flexibility
- Body composition

Source: Mayo Clinic



Benefits of Exercise

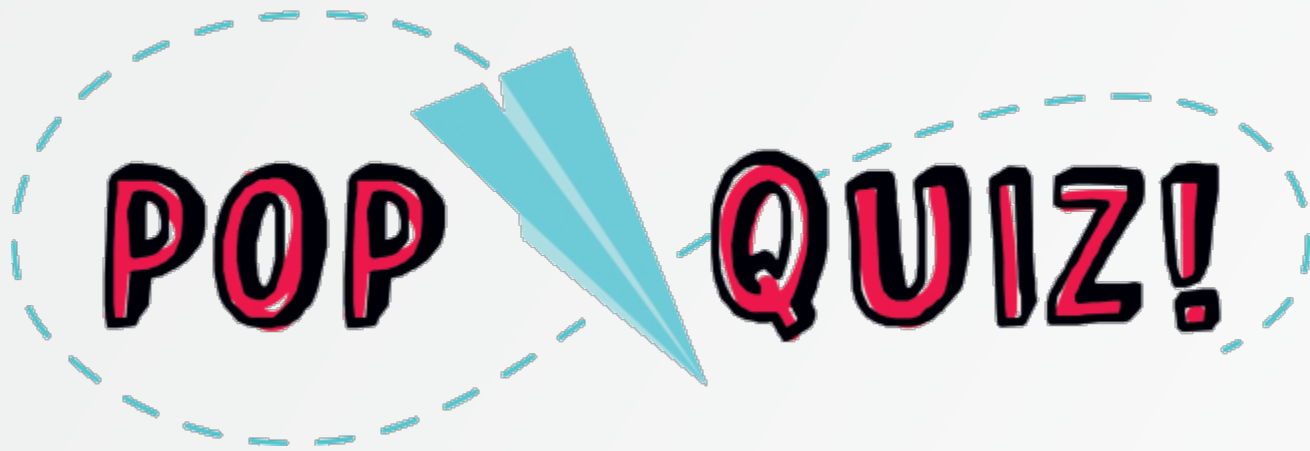
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- Helps to control body weight
- **Boosts self esteem/body image**
- Improves mood
- **Increases fitness level**
- Combats health conditions and diseases
- **Reduces the risk of premature death**
- Promotes better sleep
- **Helps to manage stress**
- Prevents cognitive decline
- **Strengthens muscles and bones**

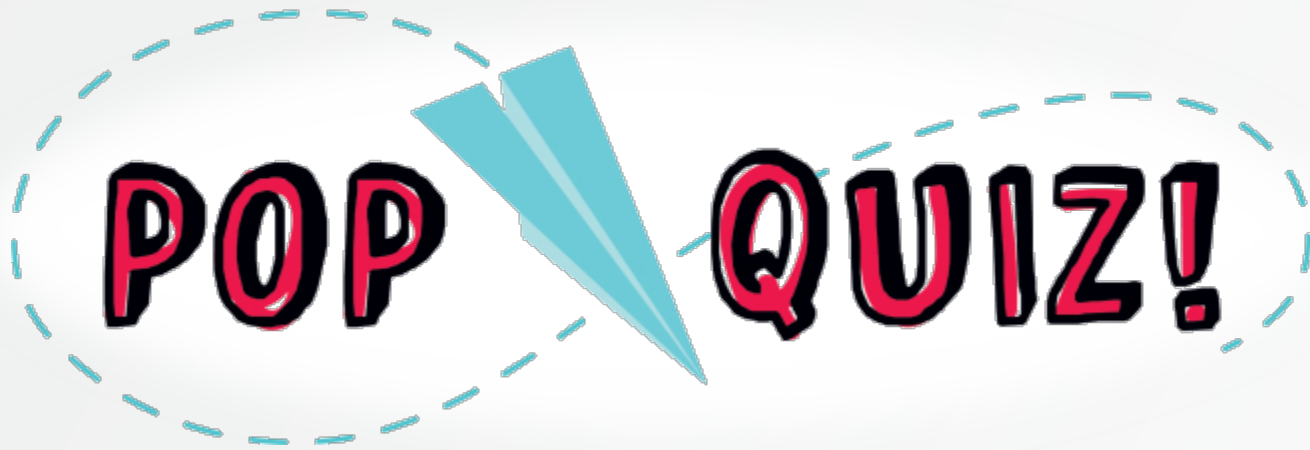


Source: Mayo Clinic



True or False?

If you exercise, you can eat
whatever you want and
stay healthy.



~~True or~~ **False!**

You can't out-exercise a bad diet!



True or False?

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- Women who lift weights will get bulky muscles
- Spot reduction is possible
- No pain, no gain
- Exercise requires a hefty time commitment
- There's a magic pill or quick fix

ALL FALSE!

Source: Mayo Clinic





Rules for Stretching

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- Warm up approximately **5-10 minutes**
- Stretch **gradually** and **gently**
- **Hold** each stretch without bouncing
- Stretch only to the **point of resistance**
- Cool down

Source: American Council on Exercise





Aerobic Exercise

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- Increases the amount of **oxygen** delivered to the muscles, allowing them to work longer
- Makes the **heart muscle** stronger and more efficient
- Examples: Walking, jogging, bicycling, dancing, swimming

F = Frequency
I = Intensity
T = Time
T = Type



Guidelines for Aerobic Activity for Adults

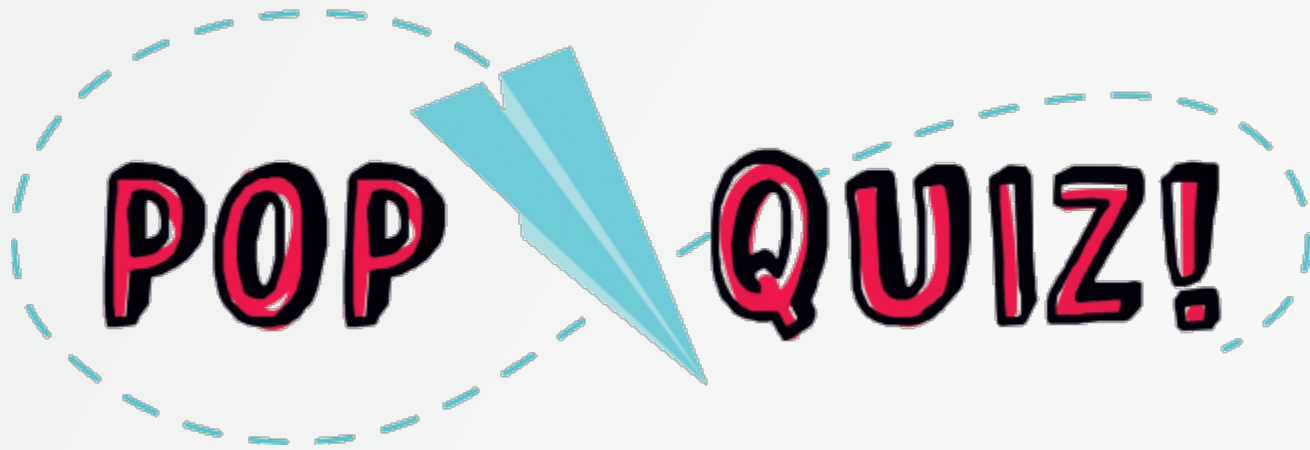
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- **Physical activity guidelines for Americans per week:**
 - **2 Hours and 30 minutes** of moderate intensity of aerobic activity
OR
 - **1 hour and 15 minutes** of vigorous intensity of aerobic activity
- **You can spread your activities out during the week**
 - Break it up into smaller chunks of time, **at least 10 minutes** at a time

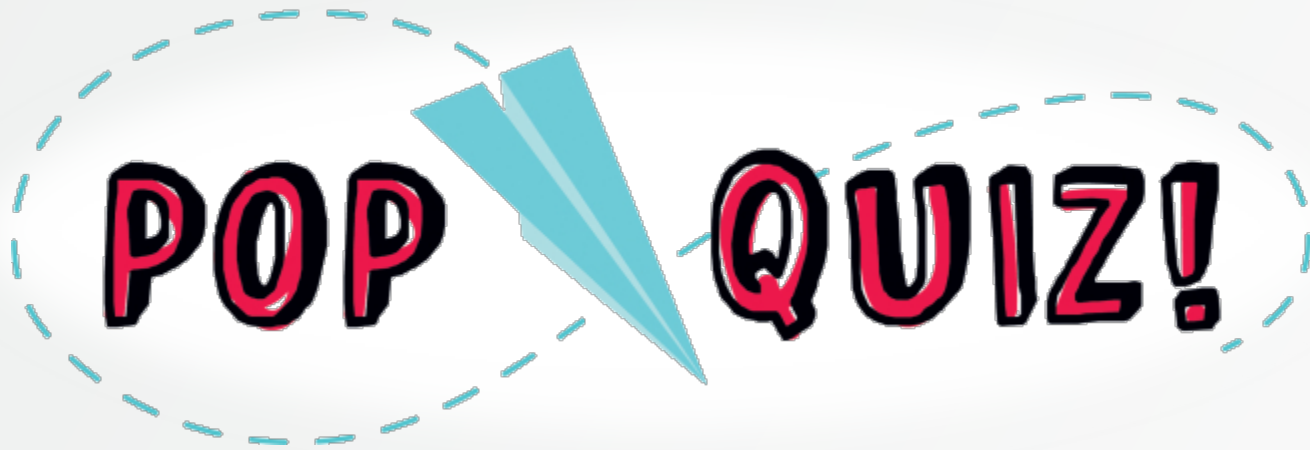


Source: Department of Health and Human Services



**The human body has more
than _____ muscles.**

(fill in the blank)



**The human body has more
than 650 muscles.**



Strength Training

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**Builds
stronger
muscles**

**Stabilizes
& protects
joints**

**Increases
calories
burned**

**Helps
control
weight**

Get proper instruction

- Include at least one exercise for each of the major muscle groups
- Work large muscle groups first, then small
- Allow 48 hours between weight training sessions

Don't overdo it!

Source: American College of Sports Medicine





Starting a Fitness Program

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1. Get your doctor's approval
2. Assess your current fitness level
3. Define your goals
4. Design your program
5. Get started!
6. Monitor your progress every few months



Source: Mayo Clinic



Home Fitness on a Budget

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Around the House

- Walk
- Do it yourself around the house
- Fill empty milk or water bottles with water or sand to make a set of weights
- Use canned goods as weights
- Exercise using your own body weight





Home Fitness on a Budget

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Store-Bought Items



Around \$20

- Dumbbells
- Jump ropes
- Resistance tubes/bands
- Exercise DVDs, YouTube, etc

Between \$30-\$50

- Yoga kit
- Pilates kit
- Kettle bells



Remember...

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There are **1,440** minutes in every day...
You can manage to schedule
30 of them for physical activity!





Wellness Tips for Success

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- **Set goals** and develop a specific program
- **Add variety** to your fitness program
- Make physical activity a **habit**
- Don't let **excuses** slow you down
- Lean on the **support** of friends and family





Think About It...

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“It is easier to **maintain** good health than it is to **recover** it.”

*Antonia Novello, M.D.
Former U.S. Surgeon General*



Some Helpful Resources

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American College of Sport Medicine • [acsm.org](https://www.acsm.org)

American Council for Fitness and Nutrition • [acfn.org](https://www.acfn.org)

American Council on Exercise • [acefitness.org](https://www.acefitness.org)

Centers for Disease Control • [cdc.gov](https://www.cdc.gov)

U.S. Food and Drug Administration • [fda.gov](https://www.fda.gov)

Mayo Clinic • [mayoclinic.com](https://www.mayoclinic.com)



BCBSTX Resources

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- **Well onTarget[®]**

Health Assessment, self-management programs, trackers and coaching

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/well-ontarget>

- **Fitness Program**

Wellness programs and incentives, access to over 10,000 gyms, receive Blue Points

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/fitness-program>

- **Weight Management**

Two options: Real Appeal[®] Naturally Slim[®]

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/weight-management-programs>



QUESTIONS?