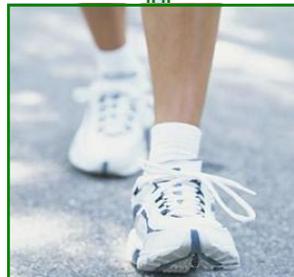


Walking for Wellness

Walking is a low-impact exercise with numerous health benefits. Get started today!

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is one of your body's most natural forms of exercise. It is safe, simple, does not require practice, and the health benefits are many.



Benefits of walking

Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help:

- Lower low-density cholesterol (LDL)
- Raise high-density lipoprotein (HDL) cholesterol
- Lower your blood pressure
- Reduce your risk or manage type 2 diabetes
- Manage your weight
- Improve your mood
- Stay strong and fit
- Strengthens your heart and lungs
- Promotes better sleep

Preparation helps avoid injury

Before you begin a walking program it is important to prepare. Taking time to prepare yourself may prevent injuries, such as blisters on your feet or excessive muscle pain.

Wear good walking shoes. Before you set out, be sure to select comfortable footwear. A large toe box and heel that rocks forward are two things to look for.

Select comfortable, protective clothing. Dress in loose-fitting, comfortable clothing. If you walk outside, choose clothes appropriate for the weather or layer clothing if you need to adjust to changing temperature. Wear bright colors or reflective tape after dark so that motorists can see you.

Warm up. Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm.

Stretch. After warming up, stretch your muscles before walking. Include the calf stretch, quadriceps stretch, and hamstring stretch.

Cool down after each walking session.

To reduce stress on your heart and muscles, end each walking session by walking slowly for about five minutes.

Basic of Getting Started:

Start slow and easy. If you have been inactive and tire easily, it is best to start slow and easy. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. You might try short daily sessions of five to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks, you can gradually work your way up to 30 to 60 minutes of walking most days a week.

Measure the intensity of your workout. Check your heart rate to measure intensity. Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down to avoid overdoing it.

To find out if you are exercising within the range of your target heart rate, check your pulse manually at your wrist or neck or wear an electronic device that displays your heart rate.

Set goals, track progress, stay motivated for success

The good news is that walking — even only a modest amount — provides health benefits. For maximum benefits, work your way up to 30 to 60 minutes a day within your target heart rate zone, most days of the week. To achieve these benefits, it can help to set goals, track your progress and take steps to stay motivated.

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Walking for Wellness Cont'd

Set realistic goals

If your goal is to walk two hours a day 365 days a year, you might be setting yourself up to fail. Set realistic goals for yourself, such as 30 minutes five days a week. You do not even need to do it all at once, you can build walking into your schedule. For example, walk for 10 minutes with your dog in the morning, 10 minutes on your lunch break, and 10 minutes when you get home from work or after dinner.

Track progress

Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Record these numbers in a walking journal, log them in a spreadsheet on your computer or use an online program.

Stay motivated

Starting a walking program takes initiative. Sticking with it takes commitment. But when you think of the potential health benefits, it is well worth your effort. Over time you will likely feel more invigorated. To stay motivated:



- *Make it fun.* If you do not like walking alone, invite your spouse, friend or neighbor to join you. You might also join a health club and use a treadmill.
- *Vary your routine.* Plan several different walking routes for variety.

Sometimes things happen to keep you from sticking to a regular walking program. You do not have to let a few days off sabotage your plan to reach a higher level of fitness and improved health. Just revisit your goals and get walking.

You'll be glad you started

Even though the first steps of any journey can be the most difficult, it helps to keep your goals foremost in your mind. So remember, once you take that first step, you're on the way to an important destination — better health.

Source: Mayo Clinic EmbodyHealth Website at www.bewellstaywell.az.gov

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings below are FREE

- Height & weight; BMI; percent of body fat (body composition).
- Blood pressure
- Full Lipid Panel and blood sugar

Optional screenings include:

- Prostate Specific Antigen (PSA) - for men
- Osteoporosis/Bone Density—for women



You will need your Employee Identification Number (EIN) and Insurance card for these events:

April 9 — Phoenix , Water Resources

3550 N. Central Ave.
Middle and Upper Verde Conf. Rm
(8:00am-10:00am)

April 22 — Tempe, ASU

301 E. Orange Mall
Memorial Union, Gold Rm 12107
(7:30am-3pm)

April 24 — Chandler, DES

2018 N. Arizona Ave
#d104, Room 102
(10am-12am)

For information about how to register for a specific mini health screening please refer to the online monthly schedule listed by county on the wellness website at www.benefitoptions.az.gov/wellness or call 602-771-9355



“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.” Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance’s member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 participants preferred.

April 1 — Phoenix, DEQ
 1110 W. Washington St.
 (8am—5pm)

April 2 — Phoenix, DEQ
 1110 W. Washington St.
 (8am—11am)

April 20 — Bullhead City, DES
 2601 Hwy 95
 (7am-11am)

April 20 — Kingman, DES
 301 Pine St.
 (1:30pm-5:pm)

April 21 — Phoenix, ASU Polytech
 350 N. 1st Ave
 (8am-10:30am)

April 28 — Tempe, ASU Main
 Apache Blvd & Normal St.
 (8am-5pm)

Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th.

Mobile Onsite Mammography, Healthwaves, Banner Occupational Health, and Maxim Health Systems are now under contract to provide convenient, at-work screening services.

Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

Healthwaves

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

Maxim Health Systems

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

Mobile Onsite Mammography

- Mammography Screening

Banner Occupational Health

- Skin Cancer Screening

EDUCATIONAL CLASSES STATUS:

Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be the State’s vendors providing services in the future. Wellness is working to complete the vendor implementation, but due to severe budget restrictions will not be able to offer the contracted services at this time. These programs will be placed on hold pending analysis from the ADOA budget team.

Thank you for your patience during this difficult budgeting period.



February Screening Schedule Continued

Call MOM at 480-967-3767 to schedule your appointment at any of the following locations

April 28 — Phoenix, Dept. Insurance
2910 N. 44th St.
(8am-5pm)

April 29 — Glendale, ASU West
4701 W. Thunderbird Rd.
(8am-12pm)

April 30 — Tempe, ASU Main
Apache Blvd & Normal St.
(8am-5pm)

In the event, the minimum participation is not met, ADOA may cancel the MOM screening until adequate registration can be confirmed.



SAVE THE DATE!

The Governor's Office for Children, Youth, and Families is leading this year's Women's Health Week efforts. The week's culminating event will be our Annual Arizona Women's Health Expo & Conference and we hope you will join us. The event will include free health screenings, valuable health information and fun raffle prizes.

What: Arizona Women's Health Expo & Conference

Date: Friday, May 15, 2009

Time: 9 a.m. to 4 p.m.

Locations: St. Joseph's Hospital and Medical Center

(350 W. Thomas Rd., Phoenix)

The Wellness Community

(360 E. Palm Ln., Phoenix)

For more information about Arizona's Women's Health Week activities please visit our website:

http://gocyf.az.gov/Children/SP_WHW.asp

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form, including contact information and the event requested and hit submit! A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!

Take advantage of the many programs and services to keep employees healthy

Created and published by ADOA, Benefit Options Wellness Program

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