



Wellness Works

Tied To Be Fit

April 2nd is National Walking Day

Adults are spending more time at work than ever before, says the American Heart Association, and are becoming more inactive. But take heart! Join CIS, the American Heart Association, and millions of Americans, and take steps towards health.

It's simple...wear sneakers to work and take at least 30 minutes of the day to get up and WALK. Invite your co-workers to walk with you. If you can't walk at work, walk at home, inviting your family and neighbors to take steps for health with you.

The benefits of walking are countless, but here's just a few of the benefits you can experience from walking 30 minutes a day:

- Boost endorphines
- Build bone mass
- Burn more fat
- Increase muscle tone
- Increase healthy cholesterol
- Improve sleep
- Build your immune system
- Reduce the risk of heart disease, some cancers, and diabetes
- Reduce symptoms of back pain and arthritis.

UTILIZE YOUR RESOURCES

Follow us on Facebook (www.facebook.com/cisbenefits) for regular health and wellness tips you and your employees can share.

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National Walking Day is a great way to raise awareness of the importance of physical activity – walking is often the first step for prevention of many diseases and illnesses. Heart disease continues to be America's No. 1 killer.

After April 2nd, continue with the American Heart Association's (AHA) [Four-Week Walking Tracker](#) to log 30 minutes of walking for the rest of April. The [AHA website](#) provides a wealth of information, walking routes, self-assessments and other resources to help Americans prevent heart disease and stroke.

In just 30 minutes, you can average 2,000-3,000 steps a day. Here are some simple reminders to maximize your walk:

- Keep your head up, and look forward, not at the ground.
- Your neck, shoulders and back should be relaxed, not stiff.
- Swing your arms freely with a slight bend at your elbow.
- Keep your stomach muscles slightly tightened and your back straight, not arched forward or backward.
- Walk smoothly, rolling your foot from heel to toe.

CIS Benefits partners also have many walking and healthy resources available. For more information, visit the following sites (a login is required).

- www.myRegence.com, click on the My Health tab
- www.kp.org, select Health & Wellness
- www.myRBH.com, enter access code: oregon, then choose "Go to Wellness"



Tied to be Fit links and resources:

- National Walking Day Toolkit,
<http://goo.gl/NmnEut>
- American Heart Association's "Start Walking Now" site,
<http://www.startwalkingnow.org>

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