



# Wellness Works

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Fall 2010

## Know the Benefits of Starting the Day with Breakfast

A healthy breakfast prepares children for a busy school day. You can't start a car on an empty tank, and the same holds true for the body. A healthy breakfast fuels the body and jump-starts the day. Strive for a breakfast that consists of a variety of foods, such as whole grains, low-fat protein or dairy sources and fruit. People who eat a healthy breakfast are more likely to:



- Consume more vitamins and minerals and less fat and cholesterol
- Have more strength and endurance
- Improve concentration and productivity throughout the morning
- Control their weight and hunger

When you fill up on a healthy breakfast, you'll rev up your energy and set yourself up for healthier eating all day long.

Source: Mayo Clinic

## Adults Need Recess, too

If you've been inactive for a while, try to find time to fit in physical activity – even if it's just for 10 minutes. Give these suggestions a whirl.



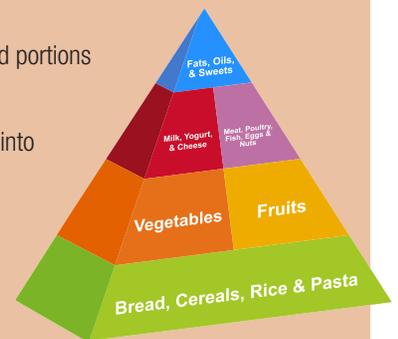
- Dance to music.
- Take walking breaks with your friends at work.
- Play with your children or pets in the park.
- Shoot hoops with friends.
- Go ice skating or roller blading.
- Climb stairs instead of using an elevator or escalator.

Source: National Center for Disease Prevention and Health Promotion

## Follow Good Nutrition Guidelines All Day Long

Consider your personal lifestyle, and take these steps to get the needed nutrients for good health.

- Eat a variety of healthy foods and snacks.
- Follow national recommendations, such as the USDA Food Guide Pyramid.
- Limit your intake of saturated fat, cholesterol and sodium.
- Keep your food portions in check.
- Fit more fiber into your diet.



Source: United States Department of Agriculture



BlueCross BlueShield of Texas



## Don't Get Caught Without a Flu Shot

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether. Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggests a yearly dose for those who:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a long-term health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma



Source: The Centers for Disease Control and Prevention

## Schedule Your Screenings

If you are a male over 50, put a prostate cancer screening on the list for your next checkup. The five-year survival rate for early stage prostate cancer can be as high as 99 percent, so getting a screening test is an important step toward preventing disease.

Younger men at higher risk – African-Americans or those with strong family histories of the disease – may begin screening at a younger age.

For women, nothing's more important than your Well Woman exam, which includes a health history and physical exam. A mammogram and Pap test can detect cancer early, when it's easier to treat. Ovarian cancer may not show signs early on, so it's important to discuss your risk factors with your doctor.

Talk to your physician about the screening schedule that's right for you.

Source: American Cancer Society



## November is American Diabetes Month



Take control of your diabetes using these steps.

- Test your blood sugar daily. Write down the results. Regular testing helps ensure your treatment plan is working.
- Eat right. Choose foods and recipes with less sugar, less fat and low sodium. Eat meals that are high in fruits, vegetables and whole grains.
- Stay active. You can walk, bike, swim or hike. Check with your doctor to see if you should have any limits in your exercise program.
- Take prescribed medicines as directed. Ask your doctor if other drugs, either prescribed or over the counter, will interfere with your diabetes medication.

Taking control of your diabetes may help you with problems such as kidney disease, high blood pressure, vision and circulation.

Source: Centers for Disease Control and Prevention

## Get in Shape on the Cheap

You don't have to pump iron at the gym to exercise. Plenty of low-cost choices are available to help you get fit. Try these ideas to get in shape. Your arms and legs will thank you for it!

- Start with a modest investment in dumbbells, jump ropes, resistance tubing and bands and exercise videos.
- Improvise with low-cost weights made by filling water bottles with water or sand. Or use canned goods for strength training.
- Look for chances to buy used exercise equipment or share exercise costs with a friend.

Source: The Mayo Foundation for Medical Education and Research

