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EAT HEALTHY

Your body needs the right vitamins, minerals, and other nutrients to stay healthy. A healthy diet means you are eating fruits, vegetables, whole grains and low-fat milk products along with fish, poultry, lean meats, eggs, beans and nuts. Stay away from cholesterol, sodium (salt), and added sugars. Also avoid *Trans* fats which may be in foods like cakes, cookies, stick margarines, and other fried foods as well as Saturated fats which come from animal products like cheese, fatty meats, whole milk, and butter. By making smart food choices, you can protect yourself from Heart Disease, Bone Loss, Type 2 Diabetes, High Blood Pressure, and some Cancers such as Colorectal Cancer. Making small changes in your eating habits can make a big difference in your life.

Portion Size Your Plate: When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes so here is a guideline.

- ½ Plate Vegetables – Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.
- ¼ Plate Proteins – Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.
- ¼ Plate Starches – Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes, and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

Shop Smart at the Grocery Store: Try these tips the next time you go shopping:

- Eat a snack at home before you go to the store and always use a shopping list
- Buy a variety of fruits and vegetables in different colors
- Look for the low-sodium or "no salt added" brands of canned soup, vegetables, and beans
- Try the low-fat or fat-free brand of milk products like yogurt or cheese
- Choose 100% whole wheat or whole grain bread and crackers
- Look for foods with less than 15 grams of sugar per serving

Read the Nutrition Facts Label: Look at the serving size and the number of servings per package. Check out the percent Daily Value (%DV) column. Try to keep saturated fat, *trans* fat, cholesterol, and sodium at 5% or less. Look for foods that have 20% or more of fiber, iron, calcium, potassium, and vitamins A and C.

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ICUBA is the recipient of Blue Cross Blue Shield of Florida's 2010 Employee Health Benefit Leadership Award. This award recognizes ICUBA's exceptional leadership in employee health benefit innovation:

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| <ul style="list-style-type: none"> ○ Free Wellness Benefits ○ Free Employee Assistance Program ○ Free Diabetic Supplies ○ Low cost generic drugs ○ 90-day at retail prescription drugs | <ul style="list-style-type: none"> ○ Better You From Blue™ Health Fairs ○ \$25 Incentives to complete Wellness profiles ○ No deductible office visit, urgent care, and specialty drug services ○ Health Reimbursement Accounts with ICUBA MasterCard® | <ul style="list-style-type: none"> ○ Single Web Portal Access ○ One stop benefits administration ○ Retiree Coverage |
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Important Information to Improve Your Health

GET ACTIVE

Physical activity is anything that gets your body moving. Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often.

Benefits of physical activity: Physical activity increases your chances of living longer. Exercise can also help:

- Control your blood pressure, blood sugar, and weight
- Raise your "good" cholesterol
- Prevent heart disease, colorectal cancer, and type 2 diabetes
- Improve your sleep
- Make your bones, muscles, and joints stronger
- Lower your chances of becoming depressed

Aerobic Activity: Aerobic activities make you breathe harder and cause your heart to beat faster.

- Do moderate or vigorous aerobic activity for at least 10 minutes at a time
- Do at least 2 hours and 30 minutes of moderate activity a week (e.g., walking fast and dancing)
- Do at least 1 hour and 15 minutes of vigorous activity a week (e.g., jogging, jumping rope, swimming laps, or riding a bike on hills)

Muscle-strengthening Activity: Muscle-strengthening activities make your muscles stronger.

- Do muscle strengthening activities at least 2 days a week (e.g., push-ups, sit-ups, and lifting weights)
- Be sure to strengthen all major muscle groups including the legs, hips, back, chest, stomach, shoulders, and arms
- Do these activities to the point where it's hard for you to do more without help

*Remember.....You can access discounts on ways to get healthy by logging onto www.bcbsfl.com.
Choose the tab Discounts & Rewards for the Blue365® discount program.*

50 Ways to Exercise Your Heart.....

Set fitness goals • Start a walking program • Volunteer for active chores • Use a stationary bike at home • Do sit-ups while watching TV • Fly a kite • Go canoeing • Shoot some hoops • Wash your car by hand • Ride a bike instead of drive • Play table tennis • Do salsa aerobics • Learn to dance • Roller skate • Play catch • Do jumping jacks • Park away from your destination and walk • Wash windows • Lift hand weights while talking on the phone • Walk circuits around the shopping mall • Stretch while using the computer • Redecorate • Go horseback riding • Go swimming • Clean out the garage • Play volleyball • Take a nature walk • Walk your dog • Jump rope • Join a bowling league • Play miniature golf • Walk after dinner • Pull weeds • Clean out your closets • Pack up items for donations • Play tag with your children • Try a yoga class • Hold a garage sale • Join in a parade • Play racquetball • Roller blade • Walk for short errands • Play tennis • Schedule family hikes or bike rides • Join a neighborhood clean up • Learn to juggle • Take up karate • Work in a community garden • Take a brisk walk at lunchtime • Celebrate reaching your goals!