

We're here to improve your health. And thanks to your employer, our **Living Healthy** wellness program will help! So when you make better decisions every day, you'll improve your life for years to come! Plus, you and your spouse can each earn up to \$250 a year based on your individual participation! So get moving!



be
active.



And you don't have to wait long for many of those benefits to kick in. Starting right away, exercise can improve sleep and help regulate blood sugar.

Staying physically active can also:

- switch on the "feel good" feelings in your brain that can also help manage pain; reduce stress, anxiety, and depression; improve mood; promote an overall sense of well-being
- support muscle, bone, and joint health
- improve your balance and flexibility
- support healthy aging and independent living
- improve your posture
- build stronger immunity to colds and flu
- aid lung function
- prevent or control conditions like obesity, diabetes, high blood pressure, high cholesterol, and cancer
- raise energy

YOUR CHALLENGE:

- During January and February, get in at least 150 minutes of physical activity every week. You choose how to spend your 150 — walk, bike, dance, shoot some hoops — just get moving and keep moving.
- On your Wellness Challenge Calendar, keep track of the number of days you successfully complete your Challenge (see the calendar on the back or download it from our website).
- At the end of the Challenge, report your success online (and keep a record for yourself):

www.dmba.com

- If you can't participate in this Challenge for some reason, please let us know and we'll be happy to come up with an alternative that suits you.

While there's no magic potion for perfect health, physical activity is one of the very best medicines around.

It benefits every part of the body and brain. Combined with other healthy habits like eating well, getting enough sleep, and managing stress, physical activity has the power to help heal us and lengthen our lives.

Let that sink in for a minute. That's a lot of return on the investment! Even a little effort makes a difference. The idea is to stay in motion.

Unfortunately, Americans in general have opted to pass on this healthy prescription. In fact, only 5% of American adults are vigorously active, and 40% aren't active at all.

Believe it or not, Americans favorite pastime is watching TV. And the average American is a full-time TV viewer, taking in more than 30 hours of TV each week, plus about 200 minutes of online video-watching each month.

If each of us would take just 30 to 60 minutes of that sedentary viewing time each day to do something active instead, we could help our bodies help themselves.

We'd also likely live longer. One sitcom at a time. Or one documentary. Two quarters of a football game. One third of the Oscars show ...

(continued on back)



DESERET MUTUAL
BENEFIT ADMINISTRATORS

What healthy activity can you do in the time it takes to watch one TV show?

Pick an activity you enjoy and set a goal to walk, run, lift, crunch, dance through that one show, once a day. Start slowly if you're just beginning. Maybe three 10-minute activity breaks in the day. Or if you're already active, kick the intensity up a notch. Mix it up and keep it interesting. And most importantly, keep going.

Components of a good physical activity program include:

- duration (length of continuous activity)
- frequency (how many times a week you do it)
- intensity (how much effort you put into it)

Of course, some activities take minimal effort (strolling

through a park, using a cart when you're golfing). So if you're not accustomed to activity, start with these light activities. Then once you've achieved a level of endurance, you should increase your activity by first upping the duration, then the frequency, and finally the intensity.

Activities of moderate intensity are those you can engage in while still carrying on a conversation. Examples include bicycling, rowing, dancing, golfing without a cart, walking briskly on a level surface, mopping, and raking.

After you easily participate in moderate-intensity activities, you can begin vigorous activities: climbing stairs or hills, swimming laps, digging holes, skiing, jogging, hiking, and playing singles tennis.

You get the point ... make this Challenge **challenging!** Now come on, get moving!

Wellness Challenge Calendar • Track your progress here!

JANUARY 2015

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				_____ 1	_____ 2	_____ 3
_____ 4	_____ 5	_____ 6	_____ 7	_____ 8	_____ 9	_____ 10
_____ 11	_____ 12	_____ 13	_____ 14	_____ 15	_____ 16	_____ 17
_____ 18	_____ 19	_____ 20	_____ 21	_____ 22	_____ 23	_____ 24
_____ 25	_____ 26	_____ 27	_____ 28	_____ 29	_____ 30	_____ 31

FEBRUARY 2015

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
_____ 1	_____ 2	_____ 3	_____ 4	_____ 5	_____ 6	_____ 7
_____ 8	_____ 9	_____ 10	_____ 11	_____ 12	_____ 13	_____ 14
_____ 15	_____ 16	_____ 17	_____ 18	_____ 19	_____ 20	_____ 21
_____ 22	_____ 23	_____ 24	_____ 25	_____ 26	_____ 27	_____ 28