

MAKE MAY YOUR MONTH TO GET IN SHAPE!

May is National Physical Fitness and Sports Month! According to Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports, which started National Physical Activity and Sports Month in 1983, "Americans of all ages need to incorporate more movement in their daily lives. Adults need at least 30 minutes of activity 5 days each week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one. Children need at least 60 minutes of active play daily. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games."

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym, and running, have added health benefits. Johnson says, "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health."



For UC members, the Get Fit! Wellness and Incentive program offers an incentive to help you get started. From January 1–July 31, 2007, you can earn a \$25 gift card incentive for taking Health Net's Health Risk Questionnaire and an additional \$40 and entry for a raffle prize for completing a fitness program (online or hard copy tracking). (Other designated Health Net programs qualify, too. Go to www.healthnet.com/uc for more information).

NOTE: To qualify for the incentive and raffle prize, you need to exercise a minimum of 30 minutes, three times a week, for a total of 90 minutes per week for 13 weeks. You'll need to start your exercise program by May 1 to complete 13 weeks of fitness.

If you have been inactive for a while, start the program with less strenuous activities, such as walking. You can start with just five to 10 minutes of activity and build from there. By starting at a slower pace, you will allow your body to adjust to exercise without strain. As you get into better shape, you can gradually increase your exercise time and add more strenuous activities. Please consult your physician before starting any fitness program.

Health Net can help you get started on a program and give suggestions on the right activities for you. Log on to www.healthnet.com > *It's Your Life – Wellsite*. You can find information on losing weight, how to measure your Body Mass Index, and learn how many calories you burn during different forms of exercise. You can also find fitness center discounts, fitness equipment and other fitness/weight discount programs under Member Discounts.

Source: Health Net and The President's Council on Physical Fitness and Sports at www.fitness.gov.