



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171
Conference Code: 915 7417 6998



Active at Any Age

Presented by: Lora Maloof-Miller, MPH, CHES

Webinar host: Kristen Kaila, MPH

Las dispositivas están disponibles en español si las solicita.

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

Overview

- Benefits of Physical Activity
- Exercise recommendations by Life Stage
- Special Considerations
- Ideas for Action
- Resources



**Eat Right
Exercise
Die Anyway**

**There is no
better gift than
the gift of health.**

Benefits of Staying Active

Keep a healthy weight

Prevent or manage health conditions

Mood and Energy booster

Get those Zzzzzz's

Fun and Social

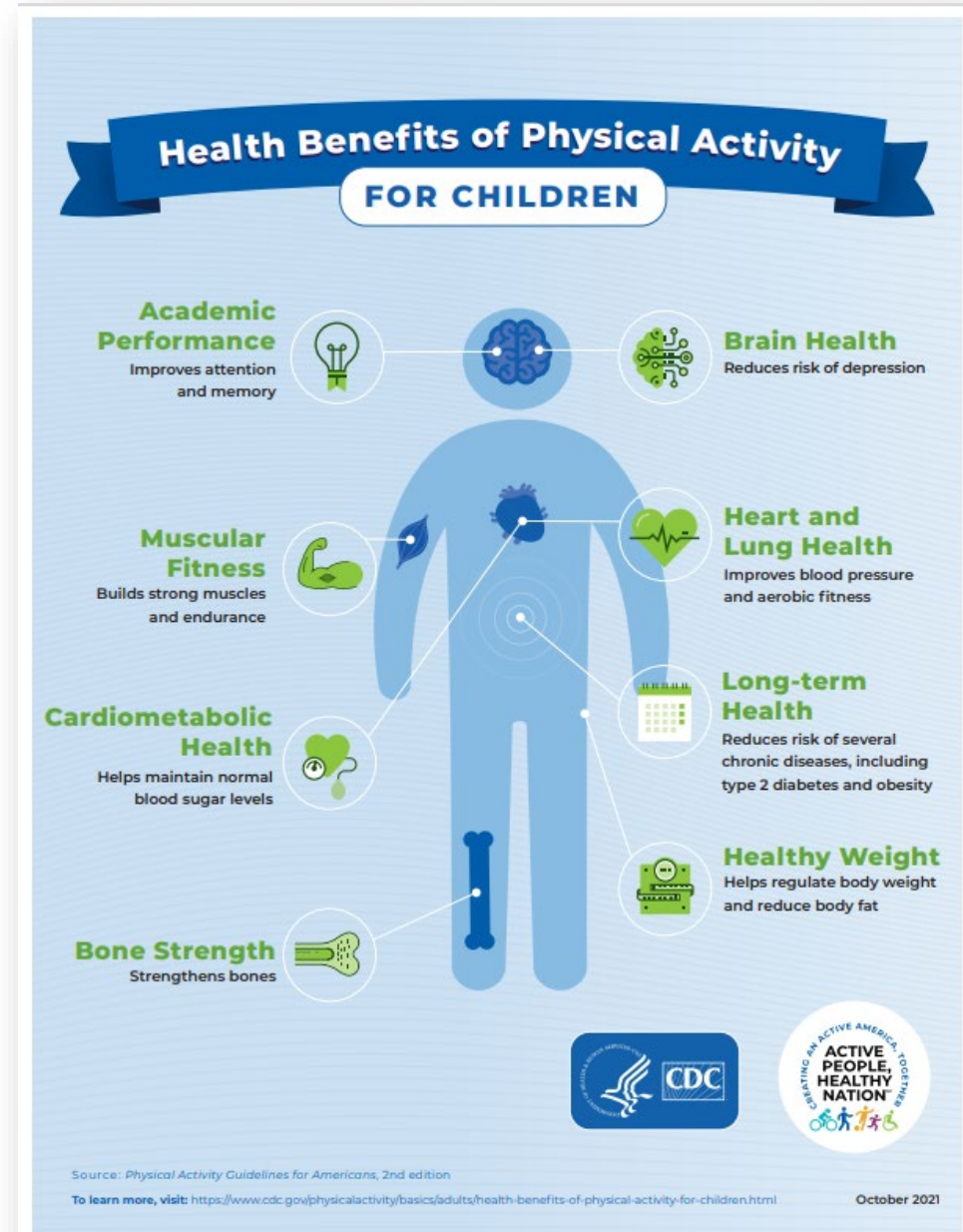


How much moderate-intensity aerobic activity is recommended for most adults each week?

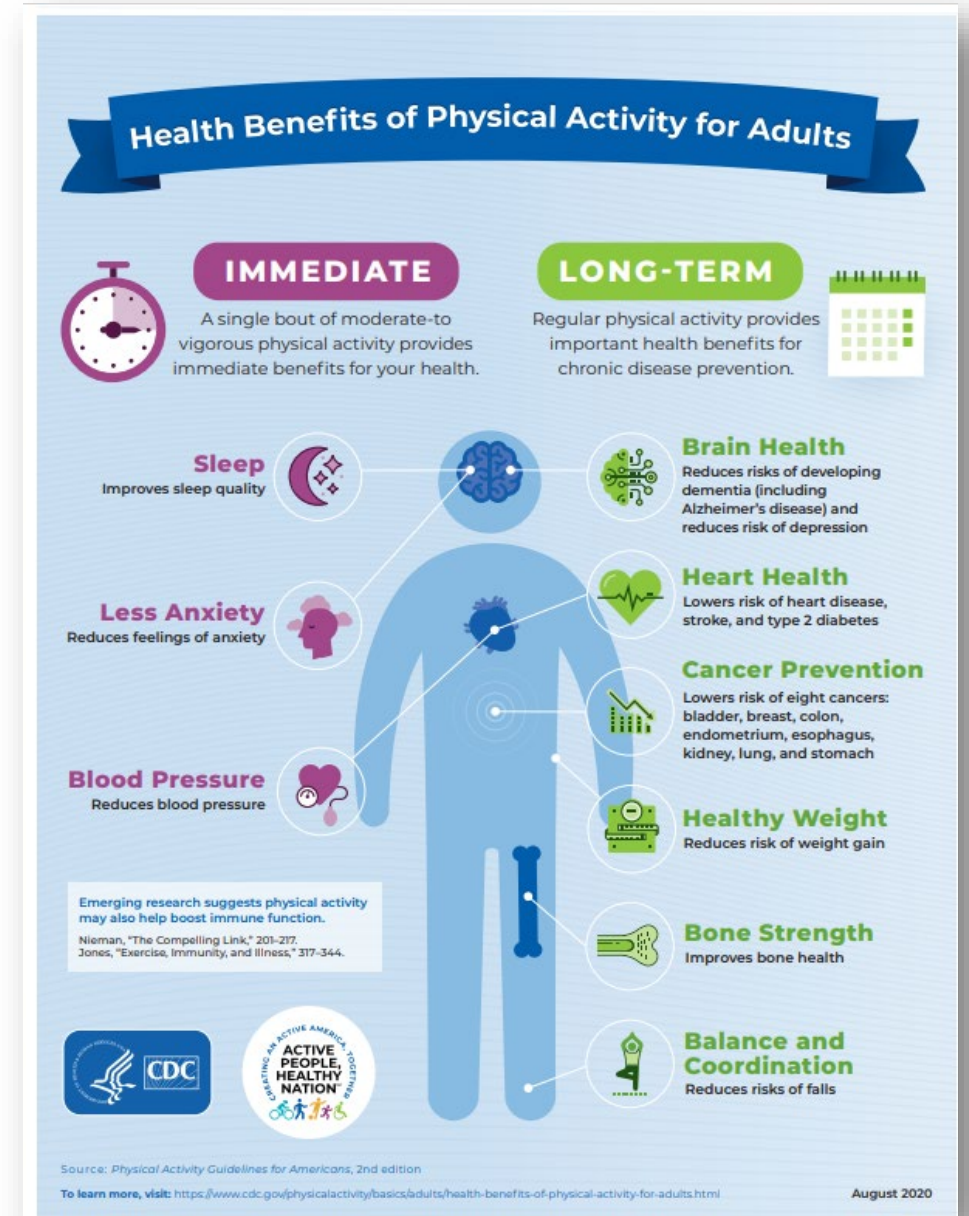
- A. 30 minutes a day, 3 days a week
- B. 150 minutes per week
- C. 60 minutes a day, 7 days a week
- D. None of the above



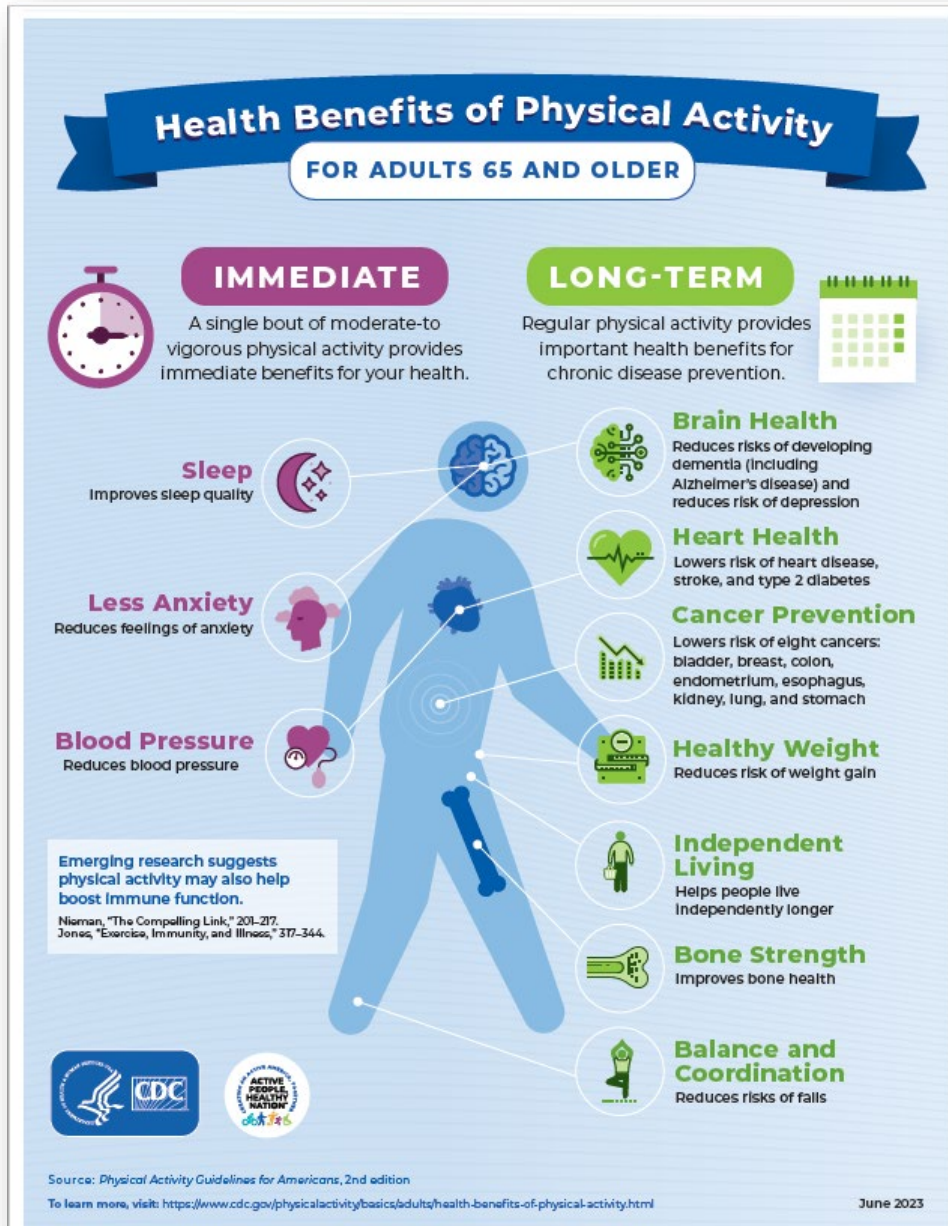
Physical Activity for Children



Physical Activity for Adults



Physical Activity for those 65 and Over



Exercise Recommendations by Life stage

Children and Adolescents

3-5 years

- Daily activity for growth and development

6-17 years

- 60 minutes of daily physical activity
- Aerobic, muscle-strengthening, bone-strengthening



Justin: age 4

Daycare: plays outside

Home: plays with sister

Weekends: swim lessons, rides tricycle at the park

How often should adults include muscle-strengthening activities in their routine?

- A. Once a week
- B. Daily
- C. 2 or more days a week
- D. Only when feeling weak



Adults

Example 1



Moderate-intensity aerobic activity (such as brisk walking) for 150 minutes every week (for example, 30 minutes a day, 5 days a week).

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Example 2



Vigorous-intensity aerobic activity (such as jogging or running) for 75 minutes (1 hour and 15 minutes) every week.

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Example 3



An equivalent mix of moderate- and vigorous-intensity aerobic activity on 2 or more days a week.

AND



Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



Carmen: age 40

Office: 20-minute walk at lunch, takes the stairs

After work: HIIT workout (app-based)
Weekends: walks with partner, plays with kids, and body-weight exercises

True or False: Older adults should avoid strength training to prevent injuries.



Older Adults

Are you 65 or older?

Here's how much physical activity you need:



At least:

150 MINUTES PER WEEK

of moderate intensity activity such as 30 minutes a day, 5 days a week
For example: Water aerobics or brisk walking.



2 DAYS PER WEEK

of activities that strengthen muscles
For example: Lifting weights or heavy gardening, such as digging or shoveling.



BALANCE-IMPROVING ACTIVITIES

For example: Standing on one leg or practicing standing up from a sitting position.

Try activities that combine all 3 areas!

For example: Dancing or yoga.

Easy (baby) Steps to Start Exercising

1. Schedule it
2. Make it part of your workday
3. Choose something you enjoy
4. Think about why you may have stopped in the past
5. Buddy up
6. Just walk



Activity Tips for when you Don't Feel Like it

1. Aim small
2. Simple and light exercise
3. Tune into your feelings
4. Pat yourself on the back
5. Give yourself grace, not guilt



Special Considerations

Pregnancy/Postpartum

1. Reduce risk of excessive weight gain
2. Gestational diabetes
3. Good for heart and lungs



Chronic Conditions

The recommendations are the same.

May need to work with your healthcare provider.

Regular exercise has many benefits.

Find what works best for you.

Nancy: age 83

Has osteoarthritis

Activity: 20-minute low impact aerobic video, chair yoga, mall walking



Health Challenges

- Frailty
- Hip fracture
- Functional limitations
- Physical disability

Mike: age 53

Has multiple sclerosis

Activity: stationary bike, water exercise
designed for people with MS, brisk walking

Judy: age 79

Lives in a care facility

Activity: walks around the complex, walks
with bird watching group



Know Your Limitations

Pain

Medications

Menopause



Safety

- Lower risk of injury when physically active
- Choose activity wisely
- Had a past injury?
- Increase activity based on your age
- Proper precautions
- Environmental/air quality



Ideas for Action

A black and white photograph of a modern staircase. The staircase has a glass railing with a metal handrail. The wall behind the railing has a textured, woven appearance. The floor is made of large, light-colored tiles. The lighting is soft, creating a clean and minimalist aesthetic.


You've Got This!

- Know Your WHY
- Start Small and realistic
- Routine/consistency
- Mix it up
- Move daily
- Got a buddy?
- Listen to your body
- Progress tracker
- Not a sprint, a lifelong habit

Resources

- ✓ AARP
- ✓ Look for fitness apps (MyFitnessPal)
- ✓ YouTube Channels (Get Fit with Rick, Leslie Sansone)
- ✓ Websites and platforms
- ✓ Local Parks and Recreation
- ✓ Personal trainer
- ✓ Online Fitness Communities



The background of the slide is a photograph of a sunset. The sky is filled with soft, horizontal clouds in shades of orange, yellow, and light blue. The sun is a bright, glowing orb in the center of the horizon, casting a long, shimmering reflection across the calm water in the foreground. A dark, silhouetted landmass is visible on the horizon line.

**One step forward is
one step closer..**

Everydayaffirmations.org

It's not about perfection—it's about progress.

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

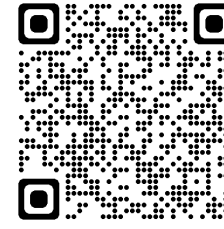
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit® by Sharecare

Tobacco Cessation Program



[Kick It California – Home](#)

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management

- Weight Watchers



Chiropractic/acupuncture services and more

- Choose Healthy
- American Specialty Health



Hearing aids and screenings

- Nations Hearing



Fitness club discounts

- Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



October Health Challenge

Give Thanks



A long wooden dining table is elegantly set for a formal dinner. The table is covered with white plates, glassware, and silverware. Several lit candles in holders are placed along the center of the table, creating a warm and intimate atmosphere. The background is softly blurred, showing more of the table and the ambient lighting.

Upcoming Wellness Webinar

Holiday Self-Care Essentials

October 15, 2025

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
