



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: 966 6379 8137



Move Outside, Feel Alive

Presented by: Lora Maloof-Miller, MPH, CHES

Webinar host: Stacey Noonan

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

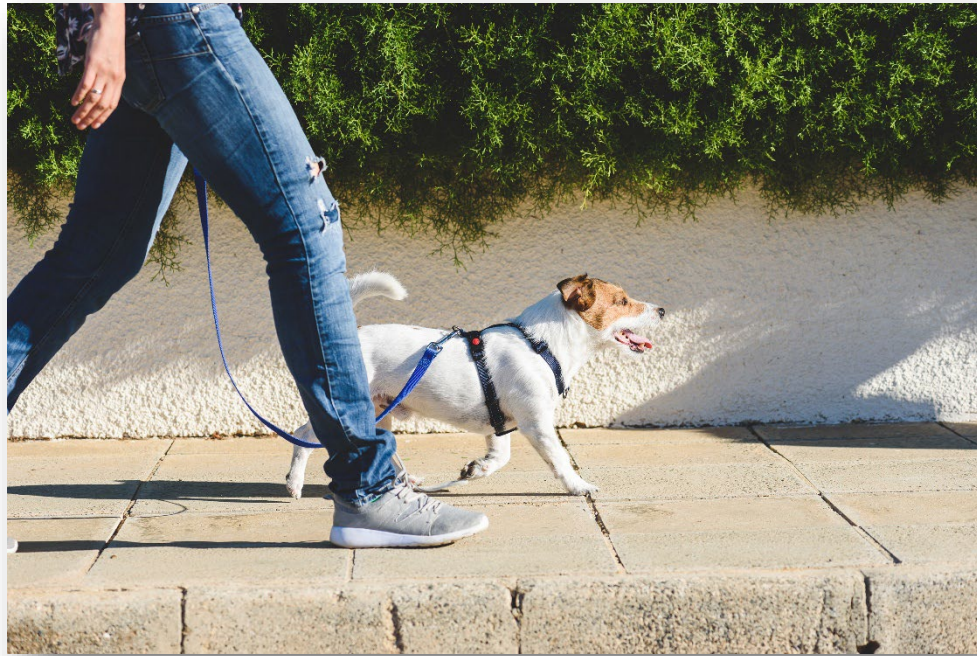
- The Benefits of Outdoor Exercise
- Movement and our Brains
- Nature-based therapies
- Outdoor vs. Indoor exercise
- Summer-friendly outdoor movement
- Sustainable movement
- Safety Tips
- Visual Outdoor Journey



Tip: You don't need a gym or fancy equipment, just intention

Chat Us

What is your go-to outdoor exercise or activity?



Outdoor Exercise Benefits

- 1) Boosts mood and reduces stress
- 2) Supports physical health
- 3) Improved sleep and energy
- 4) Encourages consistency and enjoyment

But why outside?

- Engages the brain
 - Challenges the body
 - Stimulate the senses
- ...and it's fun!!





The Mind-Body Connection

- Movement supports energy, mood, and mental clarity
- Fresh air and sunlight reduce stress
- Enjoyment and consistency matter more than intensity

Nature and Our Brain

- Restores the Brain
- Effortless attention
- Reduces stress and improves mood
- Connection to Nature matters
- Supports long-term mental health

Tip: A short walk or simply looking at trees and sky can help your brain reset, lower stress, and boost mood.



Nature-Based Therapies

A serene landscape photograph showing a path leading through a field of tall yellow wildflowers towards a line of trees under a bright sun. The sun is low on the horizon, creating a warm, golden glow and long shadows. The trees are lush green, and the overall scene is peaceful and inviting.

- Community gardening
- Wilderness therapy
- Park prescriptions
- Forest bathing
- Animal-assisted therapy
- Outdoor meditation

Tip: Loosely structured nature experiences can calm the mind, reduce stress and promote healing.

Nature Makes Movement More Powerful

- Calms the nervous system
- Gives your brain a break
- Mindful movement
- Self-care opportunity

Tip: Let nature set the pace – step outside and move in a way that feels good, not rushed.



Outdoor vs. Indoor Exercise

Stronger emotional benefits
Influences additional mood pathways
Jogging, running, cycling outdoors

*Tip: Exercise + Nature create an additive effect,
more powerfully than exercise alone.*





Benefits of Sunlight

- Vitamin D
- Improved sleep
- Circadian rhythm
- Stronger bones
- Lower blood pressure

Tip: Try getting 10-15 minutes of movement outside during the daylight.

A photograph of a smiling man with short dark hair, wearing a red t-shirt and dark pants, sitting on a grassy lawn. He is leaning back on his right arm, with his legs extended. The background shows a blurred residential street with houses and trees under a bright, sunny sky.

Summer-Friendly Ways to Move Outside

- Plan a picnic
- Walk the dog
- Morning or evening stroll
- Dust off your bicycle
- Rent a kayak or canoe
- Find a hiking trail
- Bird watching
- Try golfing

Tip: The goal isn't exercise – it's connection, enjoyment and movement that feels good.

Adapting Movement to Real Life



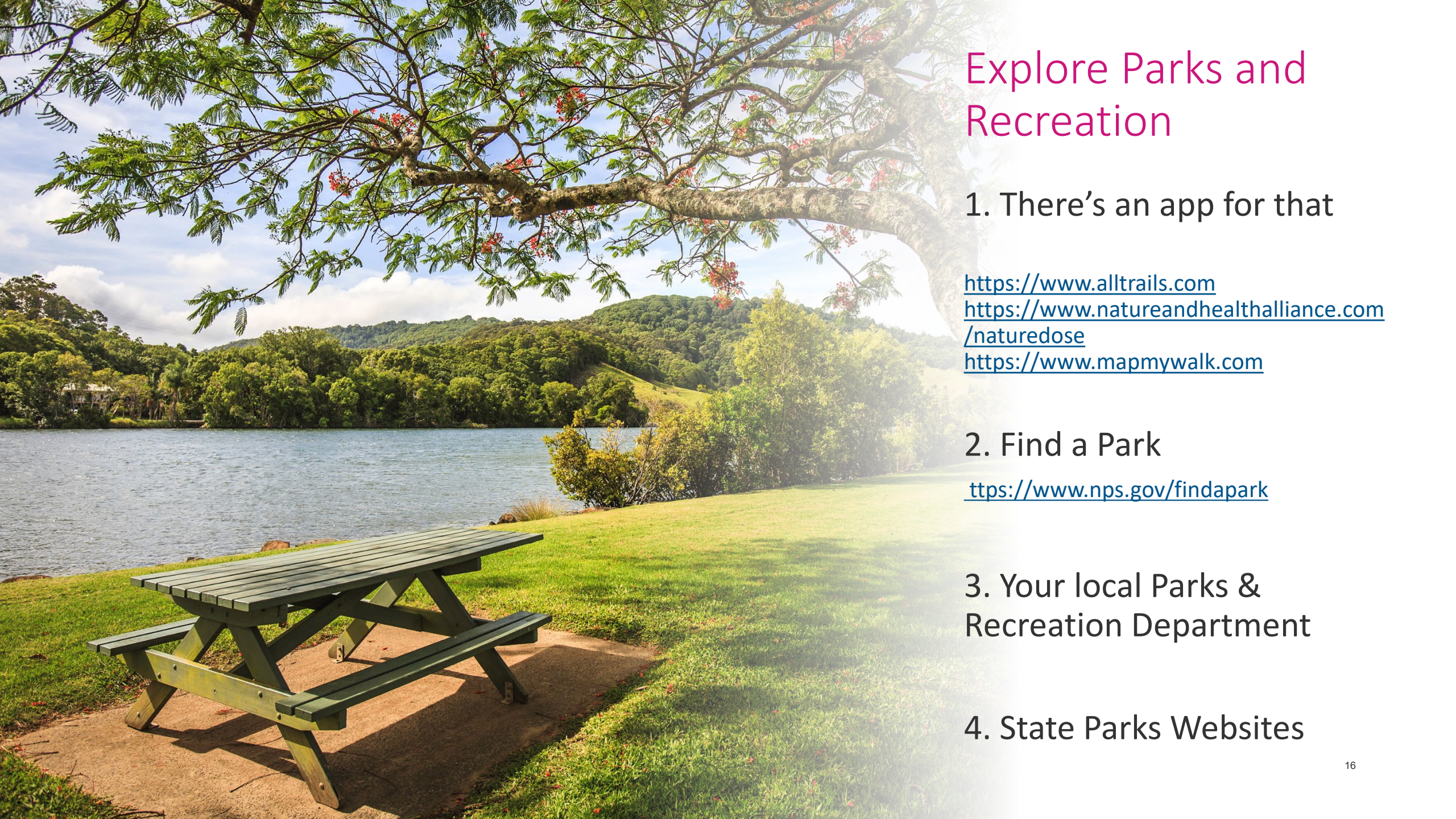
- ❖ Hydration
- ❖ Power up
- ❖ Fight fatigue
- ❖ Refresh break
- ❖ Breathe
- ❖ Eat for movement
- ❖ The environment
- ❖ Modify movement

Making it Sustainable

- Pick something you enjoy
- Everyday movement counts
- Keep it simple, not all-or-nothing
- Movement is a practice, not a promise

Tip: Sustainable movement fits into real life – and feels good enough to keep doing.





Explore Parks and Recreation

1. There's an app for that

<https://www.alltrails.com>

<https://www.natureandhealthalliance.com/naturedose>

<https://www.mapmywalk.com>

2. Find a Park

<https://www.nps.gov/findapark>

3. Your local Parks & Recreation Department

4. State Parks Websites

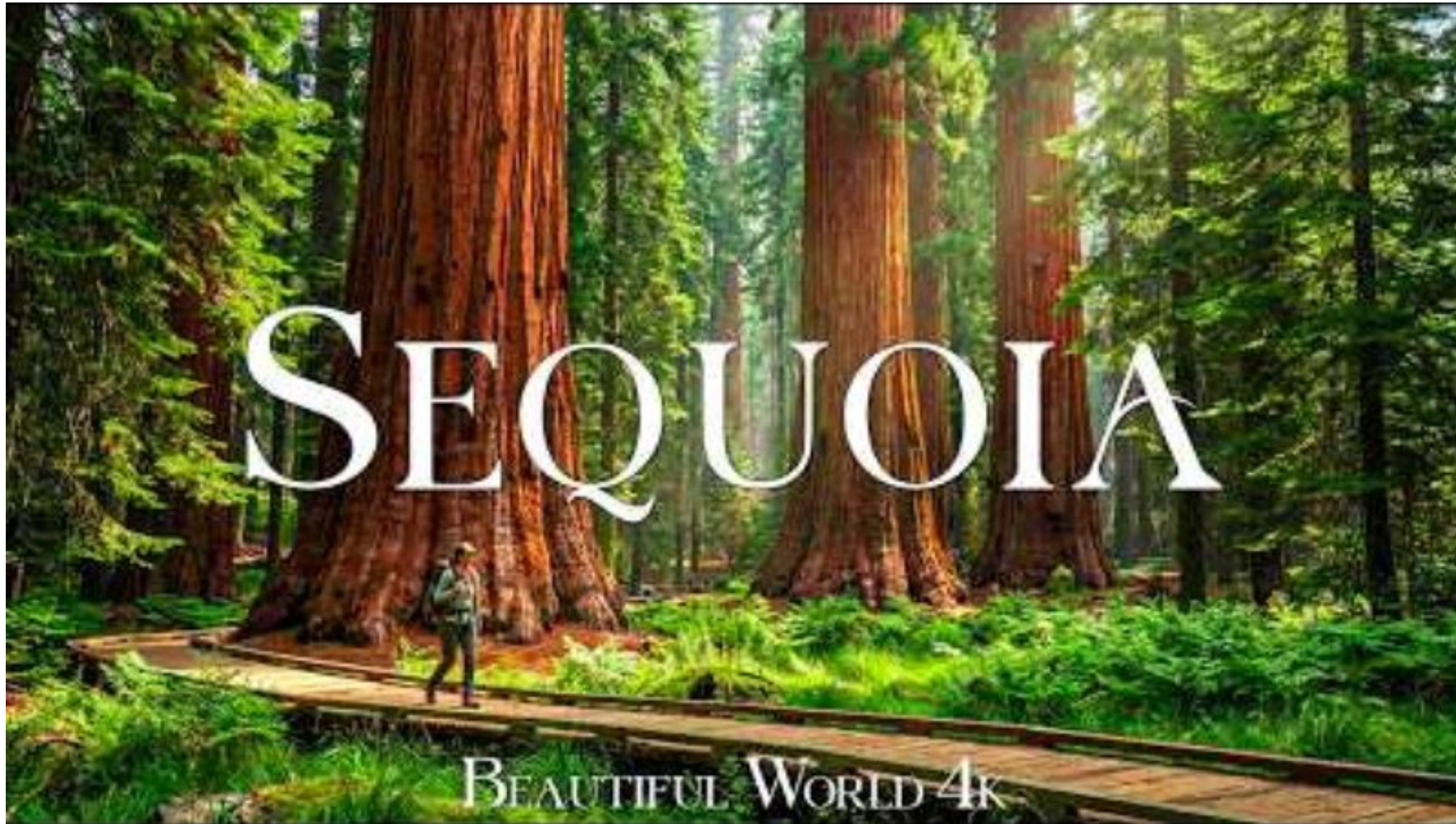


Outdoor Safety Tips

- Tell someone your plans
- Essential items
- Stay alert
- Sun protection
- Be weather wise
- Hydrate

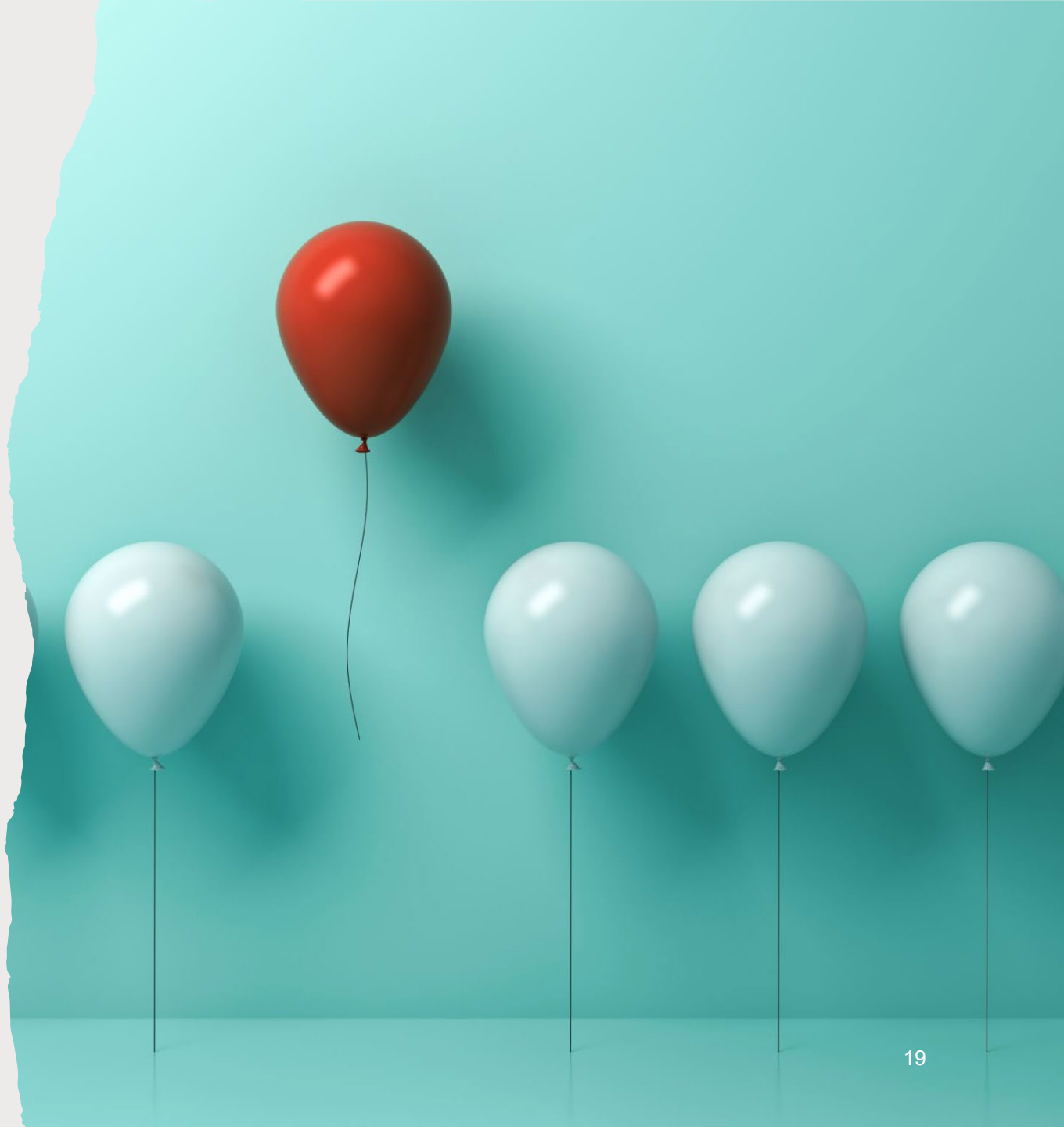
- Be visible
- Well-lit, familiar routes
- Safe paths
- Cross with caution
- Proper gear and footwear
- Listen to your body

Nature – A Visual Journey



Rise to the Challenge

Set small realistic goals.



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

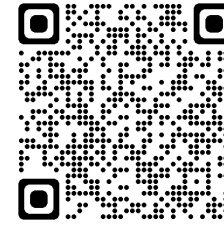
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking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

Nutrition



July Health Challenge

Architectural Adventures

Barcelona



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

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Upcoming Wellness Webinar

Money Matters: Making the Most of What you Have

August 19, 2026

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
