

Welcome to

Get Fit!



UC Wellness and Fitness Program
October 15, 2005 – April 30, 2006



Congratulations!

You're taking an important step to leading a healthier lifestyle. By enrolling in **Get Fit!**, you are making a commitment to improving your health and reaping the rewards of fitness. As a **Get Fit!** participant, you'll work at your own pace to achieve your fitness goals.

Exercise can help you look and feel your best

As soon as you start the program, you'll notice an immediate boost in energy, along with reduced stress and anxiety. Stay with the 10-week program, and you also will help protect yourself against heart disease, high blood pressure, obesity and back pain. In 10 weeks, you'll feel and see a noticeable difference.

A PROGRAM WITH PRIZES!

Get Fit! is designed to help you get off to the right start and rewards you for your hard work, too. When you complete the 10-week fitness program, you will receive a \$40 gift card and be entered in a raffle with a chance to win a bicycle, iPod Shuffle and other great prizes.



Eligibility

The program is open to any UC Health Net member age 19 and over, including spouses, domestic partners and children. You must be a Health Net member to participate in the program and at the time of receiving your incentive reward.

Health Survey

What shape are you in? You'll find out in 15 to 20 minutes by taking the online Health Survey, which provides you with immediate feedback on your lifestyle, health habits and provides suggestions for taking action. You'll also receive a \$25 gift card just for taking the survey. It's important to **save** your survey results, then after you've completed the fitness program, take the Health Survey again and document those positive changes and compare your results.

Fitness Program

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. The recommended amount of exercise is 30 minutes most days, so keep that in mind as your ultimate goal. For each 30 minutes of exercise, record your time in this booklet, or log on to www.healthnet.com/uc to track your progress. You can perform the same exercise each time, or you can mix it up, for example, by walking one day and cycling the next. It's completely up to you. And, if you get your friends, family or coworkers to join you, you can be assured to stay on track to meet your fitness goals.

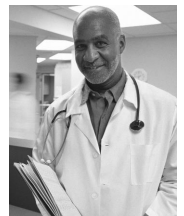
Health Net has a number of programs to help you meet your fitness goals. Log on to www.healthnet.com and find fitness center discounts under our Well RewardsSM Program. And, if your goal is also to lose weight, we have a number of weight management discount programs, too.



What exercise counts

The **Get Fit!** Program is based on aerobic exercise, which will raise your heart rate, increase your breathing, and help you burn fat. You can choose from a variety of aerobic activities, such as walking, jogging, swimming, cycling, rollerblading, rowing or playing team sports, such as basketball, baseball, volleyball and soccer. Active household chores count, too, such as vacuuming, gardening and washing your car.

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.



Before beginning any exercise program, please consult your physician.

How to start the program

Health Net members must register at www.healthnet.com/uc to participate in **Get Fit!**

After you register, go to *Make an Informed Decision > Get Decision Support > Take a Health Survey > Health Survey > Take a new survey > Save my results > Begin*. Remember to **save** your results so that we can report your completion of the health survey.

To participate in the fitness program, go to *Make an Informed Decision > It's Your LifeSM – Wellsite > Wellness Programs > Balance[®] Weight Loss*. You will be leaving the Health Net website and going to the *Balance Weight Loss Program to Report Your Exercise Goal Progress*.

This booklet contains helpful tips to motivate you to exercise. Remove the tracking portion of this booklet and put it in a visible place to serve as a daily reminder to exercise. After you exercise, visit www.healthnet.com, and go to *Make an Informed Decision > It's Your Life – Wellsite > Wellness Programs > Balance Weight Loss* to track your Fitness Goal Setting result. Or, you can use the chart in this booklet.

Of course, before starting any exercise program, consult with your physician.

If you don't have online access, you can request an information packet and Fitness Goal Setting report by calling the Customer Contact Center at 1-800-522-0088 or send an e-mail to ucwell@healthnet.com.

BEFORE YOU START ...

If you're just starting an exercise program, or you're changing your routine, consult your physician. It's important to obtain medical approval if you have a history of heart disease, diabetes, arthritis, high blood pressure, frequent dizziness, are pregnant, unaccustomed to aerobic activity, or have another medical problem that may be affected by exercise.

The **Get Fit!** timeline

The program runs October 15, 2005, through April 30, 2006. The sooner you begin, the sooner you'll reap the rewards of fitness. New members who sign up with Health Net effective January 1, 2006, will be eligible to take the Health Survey and enroll in the fitness program after that date. You must be a Health Net member to participate in the program and at the time of receiving your incentive reward.

For members who do not have online access:

1. Post this log where you see it every day. Take extra copies if you need them.
2. Write down the number of minutes you exercise each day and for 10 weeks.
3. When you have exercised for a minimum of 90 minutes per week for 10 weeks, you've completed the program.
4. Mail your completed tracking log and evaluation form to:

Get Fit!

c/o Health Net (S. Garcia)
155 Grand Avenue, 3rd floor
Oakland, California 94612

How to enter the raffle

When you've completed the 10-week exercise program online or mailed the completed Fitness Goal Setting log, you'll automatically be entered into the **Get Fit!** raffle to win a bicycle, iPod Shuffle or other great prizes. Winners will be notified by the **Get Fit!** Coordinator approximately 6–8 weeks after the program has ended.

The program runs October 15, 2005, through April 30, 2006.

Get Fit! Tracking Log



WEEK 1

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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WEEK 3

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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WEEK 2

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
--------	--------	--------	--------	--------	---	--------

you're doing great!

WEEK 4

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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WEEK 5

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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you're halfway there!

WEEK 6

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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WEEK 7

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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WEEK 10

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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you did it!

WEEK 8

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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hang in there!



WEEK 9

TOTAL

__ min	__ min	__ min	__ min	__ min	=	__ min
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UC Wellness & Fitness Evaluation

After concluding this program, please complete the following evaluation and return it with your tracking log.

Male _____ Female _____ Date of Birth _____

1. Now that you have completed this program, have you experienced any of the following? Check all that apply:

- _____ Increased amount of time spent exercising
- _____ Increased energy level
- _____ Loss of weight
- _____ Loss of inches
- _____ Change in clothing size
- _____ Joined another fitness program/health club
- _____ Decreased feelings of stress

2. How much are you now exercising?

- _____ More than before I started this program
- _____ About the same
- _____ Less than before I started this program

3. How likely are you to continue exercising?

- _____ Definitely _____ Maybe
- _____ Very likely _____ Not at all
- _____ Likely

4. Did you complete the Decision PowerSM Health Survey?

- _____ Yes
- _____ No

5. How satisfied were you with the fitness program?

- _____ Exceptionally satisfied
- _____ Very satisfied
- _____ Generally satisfied
- _____ Somewhat satisfied
- _____ Not at all satisfied

6. Would you participate in this type of program again?

- _____ Yes
- _____ No

7. Did the incentive component motivate you to participate in the program?

- _____ Yes
- _____ No

8. In general, what kind of incentives would motivate you to participate? Check all that apply:

- _____ Gift certificates
- _____ Funds donated to charity
- _____ Points (redeemed for goods)
- _____ Points (redeemed for frequent flyer miles)
- _____ Raffle/Sweepstakes/Contest

Congratulations and thank you for participating in **Get Fit!**, a Health Net sponsored program for the University of California. We encourage you to stay with your exercise program to improve your health and reap the rewards of fitness.

UC **Get Fit!** Wellness & Fitness Program

Congratulations for completing the Get Fit! Program. If you have completed the program online, be sure that you have completed the survey. If you do not have online access, complete the information below and send your completed **Get Fit!** goal setting log(s) and survey to: **Get Fit!**; c/o Health Net (S. Garcia); 155 Grand Avenue, 3rd floor; Oakland, California 94612

Name _____ Subscriber ID # _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Email _____

Fitness tips

Starting an exercise program can be overwhelming. The following tips will motivate you to get moving and stay focused.

- **Set goals.** Start with simple goals, then progress to longer-range goals. Make your goals realistic and achievable.
- **Start slowly.** A common mistake is to overdo it and then suffer pain and stiffness. Work into your exercise routine slowly.
- **Choose an activity that suits your lifestyle.** If group activities appeal to you, consider playing volleyball or softball. If you prefer solitude, walking and biking may be more to your liking.
- **Adding variety helps keep you interested and motivated.** Get your exercise through several activities, such as hiking, swimming and tennis.
- **Have fun.** Choose an exercise that you really enjoy. Exercise shouldn't be drudgery. Think of it as a mini-vacation away from your daily routine.
- **Get some support.** Exercise with a friend or sign up for a class.
- **Reward yourself** in healthy ways when you achieve a goal, like buying yourself a pair of walking shoes or running shorts.
- **Be flexible.** You can work exercise into your daily routine no matter where you are. If you travel, do calisthenics in your hotel room or make use of the onsite gym.
- **Listen to music.** Music can help kick-start you into action.



WARM UP

Warming up or stretching before you exercise prepares your mind, heart, muscles and joints for physical activity. By warming up for at least five minutes, you can reduce your risks of injury. By the same token, doing low-intensity exercises for five to 15 minutes after your workout (“cooling down”), helps your body recover and reduces muscle soreness.

DRINK PLENTY OF H₂O

Your body can become dehydrated quickly during exercise. You will perform better and avoid the serious effects of dehydration (fatigue, increased heart rate, cramps, diarrhea) if you drink water before, during and after. **You should drink at least eight glasses of water daily** (8 oz. per glass). Cheers!



See next page to find out how to calculate your heart rate...

FIND YOUR HEART RATE

Resting heart rate is your heart rate while you're at rest. Normal resting heart rates vary with age, sex, size, and overall cardiovascular condition. Stress and caffeine also can affect resting heart rate.

To measure resting heart rate, take your pulse just after waking in the morning. The pulse should be taken while you are sitting or lying down. You can locate your pulse by placing the index finger of your left hand on the palm side of your right wrist at the base of your thumb. If you prefer, you can take your pulse by placing your index finger on your neck under your Adam's apple.

While looking at your watch or a clock, count your pulse for 10 seconds, and multiply the number of beats by six to get your heart beats per minutes. Resting heart rates average 60 to 80 beats per minute.

TARGET HEART RATE ZONE

Age-predicted training zones¹

Age	Beats per minute		Beats per minute	
	60%	80%	60%	80%
20	120	160	20	27
25	117	156	20	26
30	114	152	19	25
35	111	148	19	25
40	108	144	18	24
45	105	140	18	23
50	102	136	17	23
55	99	132	17	22
60	96	128	16	21
65	93	124	16	21
70	90	120	15	20
75	87	116	15	19
80	84	112	14	19

¹Rounded to the nearest whole number.

Caution: Exercising at more than 85% of your maximum heart rate is considered anaerobic and may cause injury.

LET'S GET PHYSICAL

You should work your heart at a safe rate that provides optimum benefits. This range is between 60 and 80 percent of your maximum heart rate. To find your target heart rate zone, find your age on the left side of the chart. The numbers to the right represent the heart rate zone for exercise. Aim for the low range of your target heart rate zone when you first begin your aerobic fitness program. Increase intensity as your body becomes accustomed to regular exercise.

WHAT IS AEROBIC EXERCISE?

Aerobic means "with oxygen." Aerobic exercise is any activity that exercises large muscle groups rhythmically for 15 to 20 minutes or longer, and is rhythmic in nature, maintaining 60 to 80 percent of your maximum heart rate. Jogging and swimming are aerobic.

Aerobic activity trains the heart, lungs and cardiovascular system to process and deliver oxygen more quickly and efficiently to every part of the body. As the heart muscle becomes stronger and more efficient, a larger amount of blood can be pumped with each stroke. Fewer strokes are then required to rapidly transport oxygen to all parts of the body. An aerobically fit individual can work longer, more vigorously and achieve a quicker recovery at the end of the aerobic session.

WHAT IS ANAEROBIC EXERCISE?

Anaerobic means "without oxygen." Anaerobic exercise is defined as exercising at high intensity for a short period of time. It promotes the growth of muscle tissue, as opposed to burning fat tissue, which is the point of aerobic exercise. Weight training and sprinting are anaerobic. When you perform anaerobic exercise, you will tire faster and may experience sore muscles afterward.

Customer Contact Center: **1-800-522-0088**

Email: ucwell@healthnet.com

www.healthnet.com/uc