

BETTER HEALTH, GREATER OPPORTUNITY

–EXERCISE AND NUTRITION



WHAT'S INSIDE:

- 2 EVERYDAY FITNESS
- 4 EXERCISE INTENSITY
- 6 10 TIPS FOR HEALTHY FAMILIES
- 7 100 OR LESS CALORIE SNACKS
- 8 BETTER SHOPPING ON A BUDGET
- 10 KNOW YOUR NUMBERS

EVERYDAY FITNESS

HOW TO GET MORE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINES

10 ways to be active OUTSIDE THE HOME



- 1 Plant a garden.** A garden requires a little physical labor to yield good results. Or plant flowers or herbs in window gardens or pots. Water, clip and dead-head them daily.
- 2 Dig in the dirt or mulch your landscape.** It's great exercise for the shoulder, leg and back muscles.
- 3 Don't hire a lawn service.** Mow the grass with a push lawn mower, and increase your walking pace while mowing. If you have a huge lawn that requires a riding lawn mower, trade off every 30 minutes with the person doing the trimming with the push mower.
- 4 Practice good posture, and hold your stomach muscles taut when using the grass trimmer.**
- 5 Rake leaves with a leaf rake rather than using a blower.** Rake the leaves into smaller piles.
- 6 Take a walk up and down the street or road to pick up trash.** "Adopt-a-Highway" in your neighborhood. (Be sure to wear bright or reflective clothing to be visible to on-coming traffic.)
- 7 Start a compost pile.** A compost pile requires upkeep. The more often you turn it, the faster it breaks down into great fertilizer.
- 8 Wash your windows or clean out your gutters more often.** Going up and down a ladder is good exercise.
- 9 Sweep off the porch, sidewalks and driveway, and keep the garage floor clean with frequent sweeping.** Have some fun and dance with the broom while you sweep!
- 10 Shovel snow, even if it's just keeping the porch and sidewalks clear.** Manhandling a snow-blower is also good physical activity.



10 ways to be active IN THE HOME

- 1 **Do the housework yourself instead of hiring someone to do it.** Learn how not to be efficient in your movements. Add as many steps as possible into your housework.
- 2 **Put more effort into doing your household chores.** Exaggerate your movements while cleaning the house, such as stretching to reach top shelves, stretching while vacuuming or vigorously mopping.
- 3 **Make extra trips up and down the basement stairs to do laundry or take the recycling or other things to the basement.** Take one thing at a time.
- 4 **Squat completely down to the ground to pick items off the floor.** Or squat down two or three times before you actually pick up the items.
- 5 **Stand up while talking on the telephone.** Better yet, walk around the house while talking. You burn more calories sitting than lying down, more calories standing than sitting and more calories walking around than standing.
- 6 **Cut back on the number of telephone extensions in your home, and don't sit with the cordless phone right next to you.** Get up and move to answer the phone.
- 7 **Cut back on the number of hours that you watch television or sit at the computer.** Get up and walk around regularly. Instead of asking a family member to bring something to you, get it yourself.
- 8 **Get off the couch during commercials breaks and walk around the house.** Or do some stretching or strengthening exercises.
- 9 **When working on the computer, tighten and relax your muscles.** Extend your legs, raise and lower your calves and contract your abdominal muscles.
- 10 **Practice good posture while sitting at the computer or at your desk.** You expend more energy with good posture than with slouching.

10 ways to be active AROUND TOWN

- 1 **If you are going to several stores in the same vicinity, park your car and walk from store to store.** Wear comfortable shoes when shopping or running errands to increase the likelihood of walking.
- 2 **Walk or bike to the store instead of driving.** Invest in a good backpack or long-handled shopping bags for carrying your purchases.
- 3 **Walk to a bus stop that is farther from your house or get off the bus a few stops early.**
- 4 **Walk your kids to school even if they are old enough to walk on their own.** You'll stay in touch with your kids and burn calories.
- 5 **Gradually learn to walk at a faster pace while shopping or while walking to and from your destination.**
- 6 **Don't take shuttle buses.** This modern-day convenience takes away a great opportunity for activity.
- 7 **Park farther away at shopping malls or plazas, and walk the extra distance.** You'll also save gas (and frustration) by not driving around looking for a closer spot.
- 8 **When mall shopping, walk the entire concourse a couple of times.** Learn to be inefficient in your shopping habits to force you to walk from one end to the other. Consider taking an extra lap or two before going to your car.
- 9 **Take your packages to the car after every purchase.** It helps avoid strained arms and shoulders and add to your calorie expenditure. (Be sure to adhere to parking lot safety guidelines when going to your car.)
- 10 **Walk to the store to purchase a newspaper rather than having it delivered.** Park and walk rather than using drive-thru's.

EXERCISE INTENSITY

HOW HARD SHOULD YOU EXERCISE?

Exercise intensity can be measured by how hard you feel you are working and by your heart rate. It is important to exercise at a comfortable pace. You should be able to talk when you exercise, and you should be able to recover quickly from your workouts. If it takes more than a few minutes to recover from your exercise session (e.g., your breathing and heart rates return to normal), you are pushing too hard. Use the Talk Test or the RPE Scale (Rate of Perceived Exertion) to help you get the safest, most effective workout.



TALK TEST

An easy way to determine how hard you are exercising is to take the Talk Test about every 10 minutes. Try to carry on a conversation or sing briefly to monitor your workout. SLOW DOWN if you're panting and cannot speak. SPEED UP if you can sing a song at the top of your lungs.

RPE SCALE (RATE OF PERCEIVED EXERTION)

Another way to measure your intensity is through the RPE Scale. Pay attention to how hard you feel when you are exercising on a scale of 6 to 20. Number 6 represents no exertion — equivalent to watching television.

Level 20 is vigorous exercise — so intense that you can't catch your breath or sustain a conversation for more than a few seconds. (This threshold varies from person to person depending on skill and exercise level.) A good place to train is in the "Talk" zone.

RPE SCALE		
6	No Exertion	
7		
8	Extremely Light	Sing
9		
10	Very Light	
11	Light	
12		
13	Somewhat Hard	Talk
14		
15	Hard	
16	Very Hard	
17		
18		Gasp
19	Extremely Hard	
20	Maximal Exertion	



AGE	TARGET HEART RATE ZONE (50-85%)	AVERAGE MAXIMUM HEART RATE (100%)
	Beats/Minute	Beats/Minute
20	100–170	200
25	98–166	195
30	95–162	190
35	93–157	185
40	90–153	180
45	88–149	175
50	85–145	170
55	83–140	165
60	80–136	160
65	78–132	155
70	75–128	150

FINDING YOUR TARGET HEART RATE

To check your heart rate during your exercise sessions, count the number of beats in 10 seconds and multiply by 6 to determine your beats per minute. When exercising, try to keep your heart rate in the Target Heart Rate zone for your age as listed below:

You can determine your Target Heart Rate (THR) using the following formula:

- Subtract your age from 220 to determine your Maximum Heart Rate (MHR).
 - Example: $220 - 40 = 180$ (The MHR for a 40-year-old.)
- Determine the low end of your THR range by multiplying your MHR by 50%.
 - Example: $180 \times .50 = 90$ (The low end of THR range for a 40-year-old.)
- Determine the high end of your THR range by multiplying your MHR by 85%.
 - Example: $180 \times .85 = 153$ (The high end of THR range for a 40-year-old.)

Based on this example, the Target Heart Rate for a 40-year-old person is 90 to 153 beats per minute. This calculation is age-related — it does not take into consideration fitness level, medication or health status. If you have a medical condition or take medications to lower your heart rate, speak with your physician to determine if you need to use a lower Target Heart Rate. While not precise for everyone, this method provides an acceptable guideline.

PUTTING IT TOGETHER

A great way to measure and monitor exercise intensity (where appropriate) is to use both RPE and Target Heart Rate. You should identify where you fall on the RPE scale when you exercise within your Target Heart Rate zone (between 50 to 85% of maximum heart rate). This allows you to accurately use only the RPE Scale for monitoring intensity when it isn't feasible to measure your heart rate.

These guidelines are minimum recommendations from the American College of Sports Medicine. For more significant health improvements, accelerated weight loss or for more advanced exercises, consider increasing any part of the three recommendations found in the guidelines with the approval of your physician or under the guidance of a certified exercise trainer.

Measures
matter!

10 TIPS FOR HEALTHY FAMILIES



FOLLOW THESE HELPFUL TIPS TO IMPROVE THE HEALTH OF YOUR FAMILY:

- 1. STAY ORGANIZED AND HAVE A PLAN.** Planning healthy meals isn't any harder than chauffeuring kids to sports practice, attending school meetings, throwing birthday parties, helping with homework and going to club meetings.
- 2. BE A PHYSICALLY ACTIVE FAMILY.** The family that plays together stays healthy together.
- 3. KEEP YOUR FOOD ENVIRONMENT SAFE.** Fruits and vegetables are a MUST for growth and development and good health...not chips, candy and cookies.
- 4. ENSURE VARIETY BY PROVIDING VARIETY.** Try one new recipe or one new food item each week, but keep it simple.
- 5. MAKE IT A FAMILY AFFAIR TO PLAN MEALS.** Choose food theme nights to make planning easy. Or assign meal duties to different family members each day.
- 6. LOOK FOR QUICK MEAL IDEAS THAT DON'T INVOLVE DRIVE-THRU OR PIZZA DELIVERY.** Take advantage of prepared food items and ready-to-cook meals. Or cook in bulk and cook ahead.
- 7. YOU BE THE ROLE MODEL FOR YOUR CHILDREN'S EATING HABITS... NOT THE LATEST RESTAURANT MASCOT OR CARTOON CHARACTER.** If you don't want your kids to have food hang-ups, then get rid of yours. If you want your kids to eat broccoli, you have to eat broccoli. Play by fair rules when it comes to family 'food fights.'
- 8. ALLOW FOR TASTE VARIANCES BUT ESTABLISH SOME RULES AND EXPECTATIONS.** Provide a variety of choices within each food group that doesn't require additional preparation.
- 9. WHAT HAPPENS AT GRANDMA'S, STAYS AT GRANDMA'S.** But if the kids go to Grandma's on a regular basis, then Grandma (or Grandpa) might need to be informed of your healthy family plan.
- 10. NOURISH WITH FOOD.** Nurture with love. Better health begins in the home.



100 OR LESS CALORIE SNACKS



SNACK FOODS

Look for a variety of 100-calorie snack foods available in your favorite stores.

- 6–8 ounces lite yogurt
- 1 ounce low-fat cheese
- 1/2 cup sugar-free pudding
- 2 tablespoons nuts
- 1 serving pretzels
- 5 vanilla wafers
- 1 granola bar
- 6 mini rice cakes
- 10 animal crackers
- 1 100-calorie snack pack
- 1/2 cup sugar-free gelatin
- 1 sugar-free fruit ice sticks
- 8 ounces lite yogurt smoothie
- 1 part-skim cheese stick
- 1 cup sugar-free hot cocoa
- 3 cups low-fat popcorn
- 1 serving baked tortilla chips
- 3 gingersnaps
- 3 rice cakes
- 3 graham crackers
- 1/2 cup low sugar cereal
- 1 fudge bar
- 1 sugar-free popsicle



FRESH FRUIT AND RAW VEGGIES

Fresh fruit and veggies always make great, low calorie good-for-you snacks.

- apple
- banana
- broccoli florets
- cauliflower florets
- celery sticks
- cherry tomatoes
- grapes
- kiwi
- mushrooms
- orange
- pear
- pineapple
- radishes
- strawberries
- watermelon
- apricots
- berries – all varieties
- cantaloupe
- baby carrots
- cherries
- grapefruit
- honeydew
- mango
- nectarine
- peach
- pepper slices
- plum
- raw vegetables – all varieties
- tangerine



CALORIE-FREE BEVERAGES

Say “no” to liquid calories and drink only calorie-free beverages.

- water
- low-calorie fitness water
- diet soda pop
- sugar-free drink boxes
- sugar-free iced tea
- herbal or flavored tea
- flavored water
- sparkling water
- sugar-free drink mixes
- sugar-free lemonade
- unsweetened iced tea
- hot tea



BETTER SHOPPING ON A BUDGET

Some people think eating healthfully costs too much. However, the cost you pay to eat healthfully is a smart investment when you consider the annual cost of obesity and other nutrition-related health conditions in the United States.

You don't have to spend a lot of money to get the most nutrition for your dollars. It simply requires taking an honest look at your spending habits, planning ahead, getting the facts, dispelling myths and learning a few tricks along the way.

Shop from a list. Research shows that people who shop without a list tend to buy more food. Plan a week's worth of healthy meals before you head to the store, then make a list of the ingredients that you'll need. A list will help control temptation.

Be a comparison shopper. Compare prices, both before heading out and after you're inside the store. Be sure to check not only the price but also the quantity. It's not uncommon for food manufacturers to reduce the package weight rather than increase the price. Before you know it, you're getting less food for your money and you didn't even notice! Compare brands carefully, and use the "price per" reference labels found on the shelves. They help ensure you are getting the most product for your money. Go online or look in the paper to check out the store's latest promotions or weekly specials.

Use store brands. In-house brands can save you a significant amount of money over brand names without sacrificing nutritional value. If you have a preference for certain brands, stock up when they are on sale or you have a coupon. But remember...just because you have a coupon doesn't mean that it's the best deal.

Stock "whole food" starchy staples. Always have beans, lentils, peas, brown rice, pasta, oatmeal, quinoa and barley in your pantry. Barley, quinoa, lentils and brown rice add fiber and are great additions to stretch dishes like soups, stews and casseroles. Beans, lentils and peas are great sources of protein

and fiber. Add them to salads or marinara sauce to pump up the fiber (and protein) in pasta dishes. Save money on utilities and cook a large batch of beans at once and freeze.

Stock up on nonperishable sale items. Visit your favorite super-market online before you head out and see what's on sale. You can often get great deals on healthy nonperishable items like low-sodium canned vegetables, unsweetened canned fruit, dried beans, peanut butter, tuna and other items. Every week, check the frozen vegetable section and buy what's on sale so you always have a variety on hand.

Shop in season and buy the weekly produce specials. Fresh produce costs less when it's in season. Don't feel like you have to always have certain fruits (or other produce). If you buy the sale items, you'll have variety from week to week. Stock up on whatever is on sale: so one week your fruit-of-the-week is peaches and strawberries, the next week it's apples and grapes. Visit a farmers market. Local farmers often discount fruit bought by the peck or bushel.

Cut, shred and chop food yourself. Many foods are available pre-cut, shredded or chopped, but you'll pay for the convenience. The few minutes you'll spend preparing the food yourself will likely save a lot in your food budget.

Store wisely to prevent spoilage. Improperly stored foods will spoil quickly, and if it spoils before you can eat it, you've wasted money. Store fresh produce in the refrigerator to retard the ripening process. Wrapping greens and other high water content vegetables in paper towels before placing in plastic bags will help to prevent premature spoilage.

Go meatless several times a week. Meat is usually the most expensive part of the meal, so going meatless will save money. Use beans, peas, lentils or soy for your entrées instead of meat. Or extend your recipe by using half meat and half beans. Many favorite recipes can easily be made meatless—tacos, lasagna, chili, casseroles, spaghetti, soups, stews, pasta, enchiladas and burritos.



Make your own microwaveable or frozen meals. Prepare a little extra food (i.e. extra meat, potato/starch and vegetables) for your meal and make your own microwaveable meal for the next day's lunch. When cooking ahead, double your recipes and freeze half in reusable single-serving containers. Recipes like chili, soup, casseroles and entrees usually freeze well. You'll not only save money but you'll also save in sodium content by making your own meals.

Clip coupons or take advantage of shopping card discounts. Put your coupons and cards in a convenient place where you will remember to use them. Look for BOGO (buy one get one) deals, but use caution with other purchasing combination sales strategies (like buy three get the fourth free). They will cause you to spend more money in the short-term, and you may actually purchase more than you'll use. Regardless of how good the bargain, it's a waste of money if you don't use it.

Buy in bulk if it's a bargain and you can use it. Many stores offer "family pack" price reductions. Take advantage of these price savings and freeze the extras. Or check out large discount warehouses, which may help you save money. Partner with friends, families or neighbors to buy in bulk to save if you have a small household. But always check prices carefully—bulk purchases don't guarantee the best bargain.

Make your own single-serving snack packs. Purchase large bags of healthy snack foods— like whole-grain crackers, baked chips, pretzels, nuts or other low-fat snacks—and make up your own snack packs using plastic zipper snack bags.

*Eating healthy
is a smart
investment.*





Drink tap water. Save money by drinking tap water. Many studies have shown that community tap and well water is similar in quality to bottled water. (Some communities bottle their tap water and sell it.) If your local water isn't great tasting, invest in a filter for your tap or pick up a filtering pitcher. Either way, you'll save money.

Reduce, reuse, recycle and save. Take your own shopping bags to reuse. Some stores give you a credit for bringing your own bags. Take your recyclable metal to the local metal recycling center and earn money for your food budget and help the environment at the same time.

Avoid vending machines. You're paying for convenience, and convenience is often very expensive. You can pay 75 cents for a granola bar out of the vending machine or less than two dollars for an entire box. Bring your own beverages and stock a healthy snack drawer. Or pull your resources and start up your own office snack shop. Put the money you save into buying fresh produce at the grocery store.

Limit dining out. Eating out may be part of our American culture, but if saving money and eating healthfully are on your agenda, dining out can make a considerable dent in your weekly food budget. Regardless of the deal, it's always more expensive in the long-run to eat away from home. Consider packing your lunch, and cut back on dining out when possible. Another way to save is to forego ordering beverages and stick with water. Most restaurants charge \$1.50 to \$2.00 for beverages. While refills may be unlimited, multiply the cost times the number in your party and you'll discover you're spending a lot on drinks alone. Water is free.



HIGHMARK MEMBERS CAN LEARN MORE ONLINE

More information on healthy eating, food shopping and other nutrition topics is available in our health libraries, which can be accessed on your Member website. Log on to your Member website at www.highmarkbcbs.com.

While you're logged on, check out our HEALTH & WELLNESS tab. Click on Healthy Living Topics, Symptom Checker, Digital Health Assistant (DHA) Programs, or other health content that interests you.

Smart options can yield a big savings on your total food bill.



KNOW YOUR NUMBERS

Knowing important numbers like your blood pressure, cholesterol, glucose (blood sugar) and Body Mass Index (BMI) is one of the first steps in taking an active role in your health. Knowing your numbers will help you control risk factors for developing serious health conditions and creating an action plan for a long, healthy life.

BODY MASS INDEX (BMI) is calculated from a person’s weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems. Use the chart below to determine your BMI and see if you’re in the normal range.

BLOOD PRESSURE readings are made up of two numbers. The systolic or “top” number is the pressure when the heart is pumping blood, and the diastolic or “bottom” number is the pressure when the heart relaxes. When your blood pressure is consistently high, it may damage your blood vessels, heart and kidneys, which can occur without symptoms. Checking your blood pressure takes only a few minutes.

GLUCOSE, or blood sugar, provides the body with the energy it needs to function properly. Having a glucose level that is higher than normal may be a sign of pre-diabetes, and ongoing monitoring may be required.

CHOLESTEROL is found in the bloodstream and your body’s cells. HDL or “good” cholesterol helps protect against heart disease. The higher your HDL, the better. LDL or “bad” cholesterol is the main culprit for heart disease and blockages in the arteries. The lower your LDL, the better. Triglycerides are a form of fat in the blood that can lead to blocked vessels.

BMI CHART

	NORMAL						OVERWEIGHT						OBESE	
BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
HEIGHT	BODY WEIGHT (POUNDS)													
4’11”	94	99	104	109	114	119	124	128	131	138	143	148	173	198
5’0”	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5’1”	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5’2”	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5’3”	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5’4”	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5’5”	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5’6”	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5’7”	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5’8”	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5’9”	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5’10”	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5’11”	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6’0”	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6’1”	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6’2”	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6’3”	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6’4”	156	164	172	180	189	197	205	213	221	230	238	246	287	328

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