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Staying Motivated with Your Fitness Routine

Workout routine leaving you inspired – or just downright tired? You're not alone. Many people have good intentions about exercising. But they stop when it gets boring or doesn't show quick results.

Here are some tips to help you "get up and go" for the long term:

- Set simple, realistic goals and then progress to longer-range goals.
- Start slowly to help avoid pain and injury that could hold up your fitness program.
- Choose an activity that fits your lifestyle.
- Vary your workout to help avoid boredom.
- Make exercise fun so that you're more likely to stick with your program.
- Add exercise into your day. Walk at lunch time or take the stairs instead of the elevator.
- Get support by exercising with a friend, family member or co-worker.
- Rate your fitness level to help work toward your goals and track your progress.
- Reward yourself with something new like a pair of walking shoes or a new CD.
- Change your workout to match your schedule.

Source: The Mayo Foundation for Medical Education and Research

Learn the Warning Signs of Asthma Episodes

A key to controlling asthma is spotting the early warning signs of an episode.

Signs may include:

- Chronic cough, especially at night
- Fatigue
- Itchy, watery or glassy eyes
- Itchy, scratchy or sore throat
- Sneezing or sinus congestion
- Headache, fever or runny nose



These tips are for general information only. Please talk to your doctor for specific advice.

Source: The Cleveland Clinic Foundation

Tips on Turning Off the TV

Think good health is only a remote chance? Not when you put down the TV remote – and find ways to be more active. Turning off the TV is a great way to help the health of you and your family. Watching less TV can also help you eat less, since many people eat while watching their favorite shows.

Want to get unglued from the tube? Try these simple tips:

- Keep the TV off during meals.
- Hide the remote.
- Pick certain days of the week as TV-free days.
- Move your TV to a less prominent location.
- Don't worry about boredom. It often leads to creativity.

Source: American Academy of Pediatrics



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Make Nutrition Your Ambition: Good Choices for a Lifetime of Health

A good, old-fashioned, balanced diet with careful food choices is an easy plan for feeling and looking your healthy best.

Basic building blocks:

- Drink plenty of water each day.
- Choose healthy snacks in 100-calorie or less servings.
- Choose low-fat meals at restaurants.
- Check food labels for serving size and nutritional content.



Go with the grain

Choose whole grains, which are higher in nutrition and fiber and lower in fat than refined grains, like white rice or white flour. Good choices include oatmeal, whole-wheat toast, wild rice or barley, whole-grain breads and whole-wheat tortillas.

Wake up to breakfast

Refuel in the morning with a healthy breakfast that provides complex carbs, protein and a small amount of fat – a mix that delays hunger signs. Select yogurt, whole-grain muffins or cereal. Or try leftover veggie pizza or a fruit smoothie.

Claim a healthy frame

Calcium plays a main role in maintaining bone mass. You can raise the amount of calcium in your diet by eating calcium-rich foods like low-fat milk, cheese, broccoli and others.

Shake the salt habit

Reducing the amount of sodium you eat may help you lower or avoid high blood pressure. Remove the salt shaker from the table, choose low-sodium foods and use salt-free spices and herbs.

Make five your winning number

Fruits and veggies give needed vitamins, minerals and fiber, important for good health. To get your five a day, drink juice with breakfast or top your cereal with fruit, eat fruit or carrot sticks as a snack, add a salad to your lunch, snack on a piece of fruit in the afternoon and include a vegetable at dinner.

Source: National Osteoporosis Foundation; Mayo Foundation for Education and Research; Centers for Disease Control and Prevention

Allergy Tips for Your Nose Woes



Itchy, watery eyes, runny nose and sneezing – they can make you feel like you're allergic to life. You may even be taking allergy medicines, but your symptoms still last. How can you avoid allergy attacks and make living with allergies more bearable?

One of the best steps you can take is to avoid the substances you're allergic to. This holds true for allergies to mold, pollen and pet dander and allergies to specific foods.

Try these tips for avoiding dust mite or mold allergies:

- Keep a humidity level of 50 percent or less in your home.
- Use an air conditioner in the summer.
- Cover your mattress and pillows with plastic or allergen-proof covers.
- Remove carpeting.
- Buy non-upholstered furniture and washable draperies.

If you're allergic to pollen:

- Stay indoors when pollen counts are high.
- Keep windows in your home and car closed.

For pet dander or cigarette smoke allergies:

- Keep pets outside if possible.
- Set up a "No smoking" policy in your home.
- Avoid exposure to cigarette smoke.

Source: Mayo Foundation for Medical Education and Research

Dietary Fiber has Heart Health Benefits, too

We're all familiar with how dietary fiber can keep our digestive system functioning like it should. What many people don't realize is that fiber also provides other health benefits, such as helping maintain a healthy heart.

Eating the recommended amounts of dietary fiber can help lower cholesterol and high blood pressure, and help prevent obesity, which are all risk factors in developing heart disease.

Use these tips to raise your daily fiber intake:

- Eat more fruits and veggies.
- Choose a variety of fiber sources such as berries, oatmeal, beans, whole grain bread and cereal.
- Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions.
- Snack on air-popped popcorn or dry-roasted nuts.

Source: American Dietetic Association

