



when you feel great,
you're unstoppable.



Moving toward a healthier you



Find opportunities for physical activity

From mowing the lawn to navigating the supermarket aisles, you're probably already doing simple, everyday tasks that benefit your health and well-being. With a little extra effort, you can increase those benefits by incorporating some small changes:

- > Choose the stairs rather than the elevator.
- > Park your car farther away from the building.
- > Exit the bus or subway ahead of your destination.
- > Walk over to your co-worker's desk instead of emailing.
- > Walk or bike to your destination instead of driving.
- > Play outside with your kids or dog.



Small changes can make a big difference

Maintaining an active, healthy lifestyle leads to some noteworthy benefits. Even small amounts of physical activity can reduce your risk of disease and injury and improve your mental health. These changes could help you live a longer and healthier life. Physical activity can help you:

- > Control your weight
- > Reduce your risk of cardiovascular disease
- > Reduce your risk of type 2 diabetes and metabolic syndrome
- > Reduce your risk of some cancers
- > Strengthen your bones and muscles
- > Improve your mental health and mood
- > Increase your chances of living longer



It's time to get moving

Exercise and physical activity are a great way to feel better, boost your health, and have fun.

- > Space out your activities throughout the week.
- > If you want to lose weight or meet specific fitness goals, you may need to ramp up your exercise efforts.
- > Remember to check with your doctor before starting a new exercise program, especially if you:
 - ✓ Haven't exercised for a long time
 - ✓ Have chronic health problems such as heart disease, diabetes, or arthritis
 - ✓ Have any concerns

Note: It's important to start slowly. It's safer that way, and when you set small goals, you **set yourself up for success**.

Wellness resources

Your wellness is important to us. As a Blue Shield of California member, you can join the **Wellvolution**[®] to take your well-being to the next level.

Wellvolution is an easy, social, and fun approach to wellness. Participate on your computer, smartphone, or tablet, and invite your family and friends to join the fun and support your health goals.

At **mywellvolution.com**, members have access to:

- **Health Risk Assessment** – Take our quick and confidential Health Risk Assessment and receive a personalized report on your overall well-being and suggested ways to improve your health.*
- **Walkadoo** – Walkadoo[®] is a wellness program for every walk of life. Simply wear a wireless activity tracking device that counts your steps throughout the day. With Walkadoo, you'll find yourself walking more in no time.*
- **Daily Challenge**[®] – Receive a daily email that includes suggestions for simple and fun wellness-related tasks that can help improve your well-being.*

Physical activity can be done anytime, anywhere

* Health Risk Assessment, Walkadoo, and Daily Challenge are for members age 18 or older.

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