

# ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

JANUARY 2016

## Tracking your success

Looking to stay fit? All it takes, say the experts, is being physically active for at least 2 ½ hours a week. And walking is one of the best ways to do that. But you don't have to do your walking all at once. You can split it up.

For most people, walking is an easy and low-cost way to stay in shape. You might want to use an activity tracker such as a pedometer or wearable device. This can help you track the number of steps you take each day. It can also help keep you aware of how much you are moving throughout the day.



## Make wearing your activity tracker a habit

- **Try to find your activity level.** For the first week, go about your usual routine. Don't change how active you are yet. Sync your wearable device with the trackers or track your steps on MyActiveHealth. Review your activity for the week to see where you can add steps to your daily routine.
- **Set goals.** Set a goal for the second week. At first, try to add 300 to 500 steps to your day. Then work toward 2,000 more steps a day. Increase your walking in simple ways such as taking the stairs rather than the elevator. You might also want to park farther than usual from your workplace or the store.
- **Keep moving.** Check how well you did from week one to week two. Set a new goal for the next week. Work your way up to walking at least 10,000 steps a day.

### Healthy tip

Taking **10,000 steps a day** is a great way to stay fit and healthy. Just walking for 20 minutes, or about 1 mile, adds about 2,000 more steps a day!



Source:  
How many steps/day are enough? for adults.  
Retrieved December 29, 2015, from:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3197470/>



## Upcoming events

### Motivating Mississippi Webinar

"Go digital. Go healthy."

Jan. 26<sup>th</sup>, 9:30 AM and 1:30 PM CT

<http://go.activehealth.com/mississippi-webinars>

## Goodbye, couch. Hello, good health!

Did you know that sitting for long periods of time is a serious health risk? In fact, it can lead to weight gain, metabolic syndrome, and increased risk of death from heart disease and cancer. Sitting around is a health risk even if you get lots of good exercise almost every day.



So what's the answer? One thing you might do is try to break up your periods of sitting with short breaks. Use your phone or computer to set reminders to stay active and move around during the day. And use your activity tracker to get fired up about meeting your daily physical activity goals. Try to get up and move around every 30 to 60 minutes.

Other tips for staying active during the day:

1. Schedule a walking meeting with someone at work
2. Stand while talking on the phone or during your meetings

## January Webinar Presenter

**Scott** is an onsite wellness coach supporting health and well-being in the southern part of Mississippi. Scott has a background in exercise science and is also very technology savvy. Scott looks forward to sharing information on wearable devices and digital tools that can help you stay fit and healthy.

### Digital tip:

Digital tools, such as wearable devices, can help you stay excited about making healthy lifestyle changes. Be sure to sync your wearable device or app with MyActiveHealth. That way you can keep all your health data in one place.



Join Scott on January 26 for the Wellness Webinar, "Go digital. Go healthy." To register, visit, <http://go.activehealth.com/mississippi-webinars>



## A wealth of health resources!

At MyActiveHealth.com/Mississippi you'll find lots of ways to better manage your health. Check out healthy recipes. Use interactive health trackers, health care decision support and information on wellness and conditions? **You'll find all of these great tools in the Resources section. Just click on My Action Plan in the left sidebar.**



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