

# HEALTH AWARENESS



A COUNTY HEALTH  
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## MAKE EXERCISE A HABIT



**E**xercise helps us live longer and feel better. It can help us sleep better, manage stress, and even slow or manage chronic diseases; yet, with all of its benefits, many people find it hard to begin and stick with an exercise routine. Starting an exercise routine may seem daunting, but it doesn't have to be. Start slow and stay consistent.

### HOW MUCH EXERCISE DO I NEED?

The Center for Disease Control recommends 150 minutes of moderate-intensity (i.e., enough to raise your heart rate and break a sweat) aerobic activity every week and two or more days of strength training. Activities like taking a brisk walk, riding a bike, water aerobics, or pushing a lawn mower, can all count towards those 150 minutes. Vigorous-intensity aerobic activity (e.g., jogging, swimming laps, playing basketball, etc.) only takes 75 minutes per week to get the same health benefits as moderate-intensity activities.

### WHY STRENGTH TRAINING?

Don't forget those two days of strength training. Building and maintaining muscle mass can protect our bones and joints as we age. Starting at age 30, we lose 3-5% of lean muscle mass every decade. For those trying to lose weight, muscle tissue burns more calories than fat tissue and keeps your metabolism active after exercising longer than aerobic exercise alone.

Strength training can include lifting weights, resistance bands, power yoga, or body-weight exercises (e.g., pushups, sit-ups). To benefit from strength training, work all major muscle groups – legs, hips, back, chest, abdomen, shoulders, and arms. Also, the exercise should fatigue the muscle to the point where it feels like you cannot complete one more repetition.

### HOW DO I START?

Find an activity you enjoy. You are more likely to

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## BENEFITS CORNER



### A NEW YEAR MEANS NEW DEDUCTIBLES

A new year means insurance deductibles reset. All deductibles and out-of-pocket maximums for medical, prescriptions, dental, and vision start new effective January 1, 2022. Members on PPO plans have a separate deductible for prescriptions, \$50 for PPO Plan A, and \$75 for all other PPO Plans. A Summary of Benefits for 2022 is available at [www.ctsi.org](http://www.ctsi.org).

### NEW ID CARDS

Due to a software issue, there is a slight delay in mailing new ID Cards for 2022 changes; cards will be mailed as quickly as possible. ID cards are also available electronically at [anthem.com](http://anthem.com) or via the Sydney Health mobile app.

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.

stick with exercise if it makes you feel good. Try different things. If you don't like walking, try rowing or swimming. Then commit to four weeks of exercise. A randomized controlled trial from Wharton School of Business paid participants to exercise for 28 days. Ten months later, participants who worked out for 28 days in a row were more likely to still be exercising regularly 1.

### WHY PENCIL IT IN?

Add exercise to your calendar. Make a 30-minute walk part of your lunch break, or take a walk with your family after dinner. Making exercise a routine part of your day is essential for consistency, but be flexible. Life happens; if it is too cold for a 30-minute walk, don't just skip exercising for the day. Find another activity. Maybe you could do a 30-minute online aerobics class or have a family dance party in the living room.

Another way to make exercise routine is to tie it into something you enjoy. For instance, if you like listening to podcasts or audiobooks, put on your headphones and make that part of your walk or jog. If you have a stationary bike or rowing machine, put on your favorite tv-show and watch as you work out. Just be sure to watch out for traffic.

### WHY GOALS MATTER?

Set goals but keep them reasonable. You don't have to run a marathon to benefit from exercise. Set a goal that is reasonable for your fitness level and schedule. Be flexible. Some days you might not have time to do the activity you had planned. If you set the goal to workout five times a week and miss one day, don't use that as an excuse not to exercise the rest of the week. Every walk, jog, or strength class makes you healthier.

The goal is to be consistent, not perfect. 

1. Beshears, J. (2018). Creating Exercise Habits Using Incentives: The Tradeoff between Flexibility and Routinization. AEA Randomized Controlled Trials.

