



Get Healthy • Live Healthy

beHealthy



BlueCross BlueShield
of Alabama

Notes from Dr. Schmidt

*Advice from Associate Medical Director,
Dr. Anne Schmidt*

Warm breezes, sunshine and colorful blooms surround us, calling out to start living life to its fullest — spring fever is here!

- Go slowly, ease into a routine. Your joints and muscles may not be ready for a high-impact program immediately.
- Make healthy food choices.
- Learning to work in the garden? Choose small projects you enjoy, without your masterpiece becoming a chore.
- Pollen is everywhere. If you have severe allergies or asthma, limit your time outside and have medications handy to prevent or treat severe reactions. If your symptoms include shortness of breath, fever or any other concern, contact your doctor — it may not be just spring fever!

Steps to a Healthier You

Simply said, walking really does work. It's one of the safest and least expensive forms of physical activity and can be done almost anywhere. Regular walking can have a significant impact on your health. It is an activity most people can do.

Getting started is easy, maintaining the activity and making it a part of your life is the difficult part. The President's Council on Physical Fitness and Sports recommends walking moderately at least 30 minutes a day, five or more days a week, building up to a goal of 10,000 steps daily. That is about two hours a week.

There are many tools and resources at BeHealthy.com and WalkingWorks.com to help you start a walking program. WalkingWorks® offers a fitness program tailored to fit different levels and lifestyles. Here are some tips to starting a program and being successful.

- 1 Check with your doctor before beginning any type of physical activity program.
- 2 Appropriate footwear is important. A reputable athletic shoe store will fit you for a shoe that meets your needs.
- 3 Make a commitment. Set reasonable and specific goals.
- 4 Use the WalkingWorks® online tools to help you develop a program. Start out at a pace that is appropriate to your fitness level.
- 5 Schedule the activity into your day and track your progress. The website has an online tracker and a printable tracker available. You can also use the WalkingWorks® mobile app to track your activity.
- 6 Consider walking with a friend and holding each other accountable.

Getting Strong with Exercise

Regular physical activity has been associated with many positive health benefits including stronger bones. Weight-bearing exercises cause muscles and bones to work against gravity, keeping your bones healthy. It is never too early, or late, to get started. Some weight-bearing exercises you could try include: walking, jogging, running, tennis, racquetball, stair climbing, jumping rope, basketball, dancing, hiking and soccer.

Incorporating weight-bearing physical activity into an exercise plan is a great way to keep your whole body healthy — especially your muscles and bones.

Make time to do these activities as a family, or invite a friend or neighbor to join you!



A One-Stop Shop for Personalized Health Information

Blue Cross and Blue Shield of Alabama's health website, powered by WebMD, offers a variety of health information and tools—all personalized for you.

HealthQuotient

Take this health assessment to learn more about your health and ways you can reduce any risks that may be identified.

Personal Health Record

Keep all of your health information in one centralized location by creating your Personal Health Record. In addition to entering information, you can choose to have data from your claims automatically added to your record to ensure it's up to date.

Health Trackers

Monitor your health with a variety of trackers, including blood pressure, cholesterol, weight, stress and more.

Symptom Checker

What's making you feel bad? Answer a series of questions to help determine why you don't feel your best.

My Health Assistant Programs

Ready to start working on improving your health? Enroll in one of these online programs and get step-by-step guidance to help you reach your goals. Programs range from nutrition and fitness to disease prevention.

Take advantage of these valuable resources by signing in at AlabamaBlue.com and visiting BeHealthy.com.

Zucchini with Shrimp

Ingredients:

- 1 3/4 cups zucchini
- 5 ounces peeled shrimp
- 8 ounces package fat free cream cheese
- 2 tablespoons lemon juice
- Salt and pepper to taste
- A handful of finely chopped herbs such as parsley or chives

Directions:

Rinse zucchini, cut off the tops and bottoms. Cut zucchini lengthwise and scoop out the middle with a small spoon.

Cook zucchini halves in boiling hot water for 5 minutes, strain and refrigerate.

In a bowl, mix cream cheese, 1 tbsp. of lemon juice, fine herbs, salt and pepper. Garnish zucchini with the shrimp, sprinkle with 1 tbsp. of lemon juice, then coat with the cream cheese sauce. Serve chilled.



Makes: 4 Servings
Nutritional information per serving:
Calories 118
Total fat 3.5 g
Vitamin C 5 mg
Calcium 205 mg
Calories from fat 27%
Protein 17.4 g
Carbohydrates 4 g
Source: WebMD®

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