

Get Up and Exercise!



Start Exercising Today

Regular exercise can improve your health and well-being. Being physically active can help you lose weight, get stronger and improve your outlook on life.

Being more physically active also can help you:

- Lower your blood pressure
- Keep your weight under control
- Boost your energy
- Manage stress
- Improve self-confidence and outlook
- Spend time with family, friends and neighbors¹

No Time to Exercise? Think Again!

It can be easy to tell yourself, “I don’t have time to exercise.” But you can find time to be physically active! Here are five easy ways to get in some exercise.

- 1. Walk the dog.** The fresh air is good for both you and your pet.
- 2. Spend time with friends and family.** The time spent catching up and talking with friends and family is just another way to get in some steps.
- 3. Exercise between commercials.** Try standing up and walk in place, or do some pushups, situps or jumping jacks, during commercial breaks of your favorite shows.
- 4. “Run” errands.** Leave the car at home, if you can, and walk to complete your errands.
- 5. Skip the elevator.** Taking the stairs can boost your heart rate and exercise your heart.²

Maintaining a Healthy Weight

There is no right answer for how much you should weigh. Doctors use the body mass index (BMI) to determine a person’s body fat. BMI helps you get an idea if you are at a healthy weight.³

Calculate your BMI at www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

BMI Categories

Underweight = Less than 18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = 30 or greater⁴

Help is Available

- **HPPlans.com/WellnessPartners.** Our Wellness Partners team hosts fitness events, like yoga and line dancing. Our classes are fun for the whole family and they’re free.
- **Heart.org.** Find fitness tips and other articles from the American Heart Association.
- Your health coverage with Health Partners Plans includes fitness benefits. **Call 1-888-477-9800 (TTY/PA RELAY 711)** to learn more.



Health Partners Plans

Sources:

1. Mayo Clinic staff, "Exercise: 7 Benefits of Regular Physical Activity," Mayo Clinic, last modified December 14, 2018, <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>.
2. American Heart Association (AHA), "No Time for Exercise? Here Are 7 Easy Ways to Move More!" last modified December 2017, <https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>.
3. AHA, "Body Mass Index (BMI) in Adults," last modified August 1, 2014, <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>.
4. National Heart, Lung, and Blood Institute, "Calculate Your Body Mass Index," U.S. Department of Health & Human Services, accessed April 2, 2019, https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

Member Relations is available to help you 24 hours a day, seven days a week at 1-888-477-9800 (TTY/PA RELAY 711).

HPPlans.com



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/PA RELAY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。



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