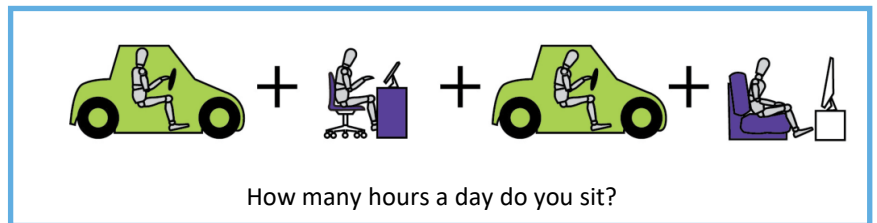


BE ACTIVE FOR LIFE

Most people know that exercise is essential for health. More importantly, new research reveals that *inactivity* (being sedentary) causes damage to our heart, brain, muscles and other major organs. The decline in health associated with being sedentary has been termed “sitting disease” by health professionals.

Inventions have transformed our lives. The average American now spends between 9 and 12 hours sitting each day. National Institutes of Health (NIH) research reveals this amount of sitting is associated with obesity, diabetes, breast cancer, depression and two dozen other chronic diseases and conditions.



How much exercise do we need to reduce our risk of disease?

- In addition to frequent movement and stretching throughout the day, everyone needs 150 minutes of moderate, or 75 minutes of vigorous, aerobic activity each week. This may sound like a lot, but in reality, it is less than 2% of your entire week.
- Most adults should also incorporate strength training exercises targeting major muscle groups at least twice a week.

Do we really need to do a combination of aerobic activity and strength training?

Yes, aerobic activity and strength training have slightly different benefits, and both are needed to ensure our overall health and wellbeing.

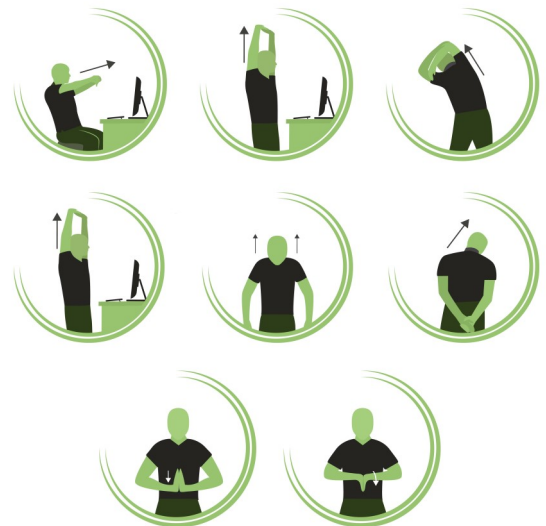
- **Aerobic activity** strengthens your heart and lungs. Examples include walking, running, swimming, cycling and dancing.
- **Strength training** improves and protects your muscles. Besides making you stronger and more capable of recovering from illness or injury, building muscle burns extra calories and prevents diabetes. Examples include bicep curls, push-ups, crunches, squats and lunges.

If you prefer one type of exercise over another, that's fine because some exercise is always better than no exercise. If you are limited on time, focus your energy on activities that you enjoy. We are much more likely to exercise when we participate in activities that we like versus those that we view as an obligation.

If I exercise regularly, do I need to worry about sitting disease?

Yes, even those who exercise regularly need to stop sitting and start moving throughout the day. Research suggests that 10 minutes of every hour that we are awake should be spent doing something active.

- Stretch, bend and turn when you have to be sitting for more than 30 minutes.
- Stand up or walk around while you are on the telephone.
- Park farther away from where you are going and walk the rest of the way.
- Walk to a coworker's workstation instead of using email, phone or text to touch base.
- Utilize the stairs instead of elevators and escalators.
- Take the long route to the bathroom, break room and/or kitchen.
- Plan walking meetings when possible or plan to include stretching breaks if you cannot walk and talk.



How can we remind ourselves to get moving?

There are a number of resources we can take advantage of to remind ourselves to move through the day.

- Follow activity tracker or smart watch reminders to move throughout the day.
- Utilize reminder apps like Move, Stand Up and Awareness.
- Set reminders on your phone or personal calendar.
- Tape a note to your remote control that reminds you to get up during commercials.
- Use those breaks between episodes on Hulu and Netflix to walk in place, stretch or hold planks, squats, etc.

Zesty Cilantro Lime Quinoa

<https://hip2save.com/2014/01/14/zesty-cilantro-lime-quinoa-salad-recipe/>

Ingredients

- 1 cup quinoa, uncooked
- 2 cups water
- ¼ cup olive oil
- Juice from 1 ½ limes
- 2 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. red pepper flakes
- 1 ½ cups halved cherry tomatoes
- 1 (15 oz.) can black beans, drained and rinsed
- 5 green onions, finely chopped
- ¼ cup chopped fresh cilantro
- 1 avocado, chopped
- Salt and pepper to taste

Directions

1. Bring quinoa and water to boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10-15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, ½ tsp. salt and red pepper flakes together in a bowl.
3. Combine cooked quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro and avocado; season with salt and pepper. Serve immediately or chill in refrigerator.

Nutrition Facts

Total Servings - 6

Per 1 Serving

Calories: 300 / Total Fat: 15g / Saturated Fat: 2g / Sodium: 228mg / Carbs: 35g / Fiber: 8g / Sugars: 6g / Protein: 9g

For more information, contact Be Well Solutions at (888) 935-7378 or info@bewellsolutions.com.