



CommonHealth Weekly Wellnote

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Start a Walking Group



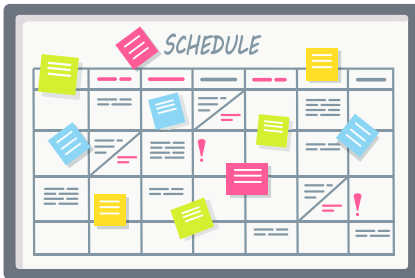
Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. Walking regularly can help reduce risks associated with chronic diseases like type 2 diabetes and high blood pressure, maintain a healthy weight, strengthen bones and muscles, increase energy level, elevate mood, help you sleep, reduce stress, and improve balance.

If you crave solitude, walking on your own might be the perfect workout. If you'd rather not go it alone, bring others along on your walking adventures. Getting support from others by walking in a group can actually help you stick with it.

Starting a group is easy, and the rewards are well worth a little extra effort. In addition to all of the health benefits, walking with others provides extra safety, socialization, accountability, friendship, and motivation. Simply spread the word and get organized, and soon, you'll be walking toward better health.

See the attachment for additional details on starting a walking group.

Back on Track Spring Event Planning



Do you have a staff meeting or employee event coming up this spring? Get in touch with your CommonHealth Agency Coordinator (or HR Benefits Administrator) to add CommonHealth to your event agenda.

It would be a great time to schedule **Back on Track**, our new educational campaign focused on activity and pain prevention!

Help Your Feet Feel Their Best

Our poor, overworked feet! We mistreat them terribly--standing on them for hours; walking on hard, unyielding surfaces; cramming them into shoes that don't fit right; etc. It's time to change how we treat our feet!

Learn more about common foot problems, how to select a good fitting shoe, a workout for happy feet, and more.

Get Happier Feet

LOVE HIGH HEELS?

To minimize the damage of wearing them:



A Little Bit Healthier This Week

Everyone says, "Eat more fruits and vegetables." Maybe you love veggies but want something different; maybe they are not your favorite. Smoothies are a refreshing way to enjoy those fruits and veggies.

Greens (spinach and kale), cauliflower, and carrots can be added without changing flavor much. Protein can be added with Greek yogurt. Liquids can include water, milk, or juice. A refreshing smoothie packed with nutrients includes: 6-8 frozen cherries, 5-6 frozen pineapple chunks, 3/4 cup of greens, 1/2 cup of Greek yogurt, and enough liquid to get the desired thickness. Keep in mind, flavored yogurt and juice increase added sugars. Send us your favorite smoothie recipes!