

Focus on Getting Fit

Exercise has so many benefits – it helps us control weight, sleep better, get stronger and feel happier! Since this month is National Physical Fitness and Sports Month, we think it's the perfect time to encourage you to move more.

Five fitness tips to keep you on track

- **Set realistic goals.** Be honest with yourself about the commitment you can make to exercising. And start out slow – you can always increase activities as you become more fit.
- **Schedule your workouts.** Put time for exercising on your calendar, just as you would a doctor's appointment. And set an alarm on your phone to remind you when it's time to get moving.
- **Find a fitness buddy.** If you have the tendency to bail from exercise at the last minute, find an exercise partner who will help keep you accountable.
- **Track your progress.** Try using a free app like MapMyRun, MyFitnessPal, or Couch to 5K, or a device like a Fitbit. These tools can help you see your progress, keep your calorie intake in check and offer support from an online community.
- **Keep your eyes on the prize.** Post encouraging sticky notes around the house (in places where you will see them regularly) to keep yourself motivated.

Everyday Health website. Updated 6/15/2011. Accessed 4/24/17.
<http://www.everydayhealth.com/fitness/ways-to-focus-on-getting-fit.aspx>

What's your health score?





Find out with our online health assessment powered by WebMD. Answer some questions and get a score that shows how you compare with others of your age and gender. You'll even receive personalized steps you can take to live healthier and up your score.

Login to connecticare.com, click "My Health" and then "Complete your health assessment today."

Questions? Get in touch!

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