



# Walking: Physical activity doesn't have to be complicated

## Know the Benefits.

Regular brisk walking can help you maintain a healthy weight, increase your energy level and improve your mood. It's OK to start slowly- especially if you haven't been exercising regularly. As you progress, the farther and more frequently you walk, the greater the benefits. As you build your endurance, you'll be strengthening your bones and muscles and improving your cardiovascular fitness.

## Set Realistic Goals.

Even small amounts of activity are helpful. Start with a simple goal, such as, "I'll take a 5- or 10-minute walk during my lunch break." When your 5- or 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work." Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.

## Stay Motivated and Set Yourself up for Success.

**Make walking enjoyable:** If you don't like walking alone, ask a friend or neighbor to join you. You might like listening to music or your favorite podcast while you walk.

**Vary your routine:** If you walk outdoors, plan several different routes for variety. Try routes with hills or stairs as you become a more seasoned walker. Try changing your pace with intervals of walking faster for a few minutes and then slow down and repeat the cycle.

**Track your progress:** Keeping a record of the steps you take, the distance you walk, and how long it takes helps you see where you started and serves as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.



**Anthem members:** Be sure to check out ways to sync your fitness devices and trackers on the Sydney app. Login,

# Winter Fitness

## Wintery weather can't stop the fitness champion in you!

Exercising in cooler weather has some distinct advantages over working out in warmer weather. Keep these cold weather benefits in mind and stay on track with your fitness routine all winter.

**No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.

**You may be able to work out longer in cold weather**—which means you can burn even more calories.

**It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, but it also helps you get some vitamin D.

**Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

### Try these outdoor activities:

- Brisk walking or hiking
- Jogging or running
- Raking leaves
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing



### Stay Warm, Stay Safe

Staying warm and dry when heading out to exercise in cold weather is all about layers. They help trap the heat and form a kind of insulation against the elements.

For your first layer, you want something that pulls moisture away

# Maternal Health Awareness Day: January 23, 2024

## Moms' Mental Health Matters

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for some time.

Depression and anxiety may get in the way of doing everyday activities, like taking care of yourself and your baby. They are long lasting and won't go away on their own. But they are treatable, which is why it's important to get help.

### **Contact a health care provider if you experience:**

- Intense anger, worry or unhappiness
- Extreme mood swings
- Difficulty caring for yourself or your baby
- Less interest in things you used to enjoy



