

ActiveYou

ActiveHealth® Management: Tips for well-being
May 2019



The lowdown on lower back pain

Low back pain can happen anywhere below the ribs and above the legs. After you've had low back pain, you're likely to have it again. But there are things you can do to help prevent it. They can also help you get better faster if you do have low back pain again.

Help keep your back healthy and avoid further pain.

- **Practice** good posture when you sit, stand, and walk. "Good posture" generally means your ears, shoulders, and hips are in a straight line.
- **Get** regular, low-impact exercise. Walk, swim, or ride a bike. Add in some simple stretches.
- **Sleep** on your side.
- **Watch** your weight.
- **Don't** try to lift things that are too heavy for you. When you need to lift something, learn the right way to lift. (Your feet should be shoulder-width apart with one foot slightly ahead of the other. Squat down, bending at the hips and knees only. Look straight ahead and keep your back straight, your chest out, and your shoulders back.)

When in doubt, work it out!

Many types of physical activity can contribute to bone health. But most people aren't active enough. Bones and muscles become stronger when muscles push and tug against bones during physical activity.

You might be unsure about what exercises are best for you. Be sure to ask your health care provider.

Remember to:

- Get at least 150-300 minutes of activity a week
- Strength train 2 to 3 times a week
- Include balance training activities



Upcoming events

Wellness Webinar Series

Get 50 NJWELL Points!

"Make your workplace work for you" May 21, 2019

10:00 am, 12:30 pm and 4:30 pm ET

<http://go.activehealth.com/wellness-webinars>

Did you know: Exercise can help your arthritis



Activities that get you moving, like walking, bicycling, or swimming, are important. Be sure to also do other exercises like stretching and lifting light weights.

Ask your health care provider which exercises would help you the most, and which ones you shouldn't do.

Do what feels good:

- If your knees hurt, take a swim instead of a jog.
- If your hands hurt, don't do anything that requires a grip, like biking or tennis.
- If exercising makes your arthritis pain worse, ice the sore area.
- Think about taking your arthritis pain medicine before you exercise. It can help prevent pain afterwards.
- If an exercise makes a joint hurt for more than a day or two, it's time to rest, slow down, or try something new.

Coach's corner

Meet **Derrick**, an Onsite Health Coach for ActiveHealth. As a coach, Derrick helps others adopt healthy lifestyle and behavior changes.

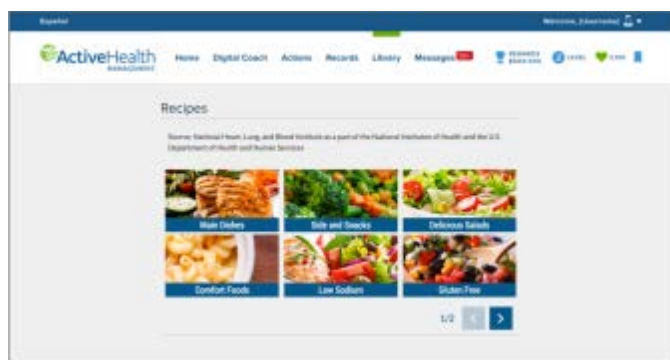
He takes pride in helping others find what works best for them to make changes for a better quality of life. Favorite quote: "The real voyage of discovery is not seeing new landscapes but seeing with new eyes." - Marcel Proust



Derrick's tips to "move more":

Make the work place work for you by moving more and sitting less. Here are some other tips for moving more at work:

- Break up sitting by standing or walking for 10-15 minutes every two hours.
- Make sure that your work space is set up in an ergonomic manner.
- Try using chair exercises, walking meetings, standing desks, and good posture to move more throughout the day.



Check out MyActiveHealth

MyActiveHealth.com is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more.

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