



CARPENTERS TRUSTS
of Western Washington

carpenters care

Walk to Wellness begins October 1

Want to feel better, have more energy, and perhaps even live longer? Exercise is the answer.

Developed by health experts at Mayo Clinic, Walk to Wellness makes your everyday walking activity count and gradually increases your activity over a period of 28 days.



Along the way, Walk to Wellness offers tips for selecting walking shoes, advice for improving technique and posture, instruction for using a pedometer, and strategies for getting your family involved.

Log on to CarpentersHealth.org (the EmbodyHealth website) and look for Walk to Wellness on your home page. The online program will help you set a goal and show you

how to use the tracking tool to log your steps or minutes. Then start walking.

There's no out-of-pocket cost for this program. Even better, you'll receive a free pedometer when you enroll. The enrollment period ends Sept. 30, 2012, so hurry—you'll want your pedometer by the time walking begins on Oct. 1, 2012.

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You're more likely to continue doing something if you have a positive experience doing it. That's why Carpenters Trusts is offering a free pedometer when you enroll in Walk to Wellness.



Walkers who use pedometers get better results. According to a 2007 article in the *Journal of the American Medical Association*, people who used a pedometer for 18 weeks walked seven additional miles weekly on average.

They also burned more calories, lost more weight, and saw better improvements in blood pressure readings. Simply put, the more they walked, the more they improved their health.

The Walk to Wellness enrollment period ends Sept. 30, 2012. Enroll today so your pedometer can be mailed before you begin tracking your steps or minutes on Oct. 1, 2012.

Get a free e-book from Mayo Clinic

As a reward for completing Walk to Wellness, you'll be able to download an electronic book (e-book) from Mayo Clinic. The offer will come to you through CarpentersHealth.org

(the EmbodyHealth website). Choose from a list of 10 titles.

Walk to Wellness: Exercise you can live with

When you really think about it, the best form of exercise is the one you actually do.

Walking is that kind of exercise. Most anyone can do it without risk of injury. You can walk anywhere—no gym or special equipment required. You can walk any time.

Even better, walking is seriously good for your health. Mayo Clinic experts believe it's just as beneficial as jogging in terms of cardiovascular health.

As with any exercise, the key is doing enough of it. Surveys show we walk about half of the 10,000 steps recommended by health experts to maintain good health.

You do not need to be a “gym rat,” fitness fanatic, or Olympic medal winner to benefit from Walk to Wellness. If you have a hard time warming up to the idea of exercise (much less doing), Walk to Wellness is a great first step.

- **It's simple.** Just enroll on CarpentersHealth.org, set a goal, start walking, and log your steps or minutes using the Walk to Wellness tracker.
- **It's stress-free.** Come as you are, regardless of your weight or physical condition. You won't be pressured to do more than what's comfortable for you. And never worry about getting off track or falling short of your goal. The important thing is that you keep walking.
- **It's short.** In a span of four weeks, you'll be walking on a regular basis, seeing results, and feeling great. The whole idea is to get you started, teach you the basics, and give you the confidence to continue walking after the program ends.

Exercise does not have to be strenuous or painful. Walk to Wellness will show you how easy it is to enjoy the many benefits of exercise. The more you do it, the better you'll feel.

Earn points for walking

Walk to Wellness is not part of the Carpenters Rewards program, but you can earn points for your walking activity. Just enroll in My Fitness Solution when you enroll in Walk to Wellness. Then, enter your steps or minutes in both places.

My Fitness Solution requires you to log exercise activity for six weeks. When Walk to Wellness ends after four weeks, you'll need to continue walking or some other exercise for another two weeks (hopefully more) to meet the

requirements for My Fitness Solution and earn 25 points.

Can walking really help you lose weight?

Yes. Adding 30 minutes of brisk walking to your daily routine can burn about 150 additional calories a day. Moderate intensity is the key, so aim to walk at 3 to 4 miles per hour. You can gradually build up to that pace if necessary. The more you walk and the quicker your pace, the more calories you'll burn.

You'll lose weight faster by reducing your calorie intake. Once you've lost weight, exercise is even more important—it's what helps keep the weight off, even more than calorie restriction.



Don't just sit there...

Have you ever tried standing on the couch while watching TV? How about standing on a chair while eating a sit-down meal? Or standing in the driver's seat as your truck speeds down the road?

Indeed, some activities are best done while sitting. But sitting itself is an activity best done in moderation.

According to the American Cancer Society, the longer you sit, the shorter you live.

A 2010 study found that men and women who reported sitting more than six hours per day were (respectively) 18 and 37 percent more likely to die during the study period than those who sat fewer than three hours a day.

Sitting too much is bad for your health whether you exercise or not—but the relationship between sitting and dying is even stronger when combined with a lack of physical activity.

Women and men who both sat more and were less physically active were 94% and 48% more likely to die (respectively) compared with those who reported sitting the least and being most active.

Researchers believe extended periods of sitting affect triglycerides, HDL cholesterol, fasting glucose, resting blood pressure, and leptin, which are biomarkers of obesity,

cardiovascular disease, and other chronic illnesses.

Exercise is a wonder drug, no prescription required

The health benefits of regular exercise and physical activity are yours for the taking, regardless of your age, gender, or physical ability. Here are seven ways exercise can improve your life. As always, check with your doctor before starting an exercise program.

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you don't have time for actual workouts, get active in a simpler way—like walking.



No. 2: Exercise combats health conditions and diseases

Regardless of your weight, regular exercise boosts high-density lipoprotein (HDL), or “good” cholesterol, and decreases unhealthy levels of triglycerides. This one-two

punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, exercise can help prevent or manage a wide range of health conditions, including stroke, diabetes, depression, and certain types of cancer.

No. 3: Exercise improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.



No. 4: Exercise boosts energy

Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more

efficiently, you have more energy to apply to the tasks of daily living.

No. 5: Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can

help you fall asleep faster and deepen your sleep.



No. 6: Exercise puts the spark back into your sex life

Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's

more to it than that. Regular physical activity can lead to enhanced arousal for women. Men who exercise regularly are less likely to have problems with erectile dysfunction.

No. 7: Exercise can be fun

Exercise and physical activity can be a fun way to unwind and connect with family or friends in a social setting. Don't limit yourself to walking. What matters most is finding a physical activity you enjoy.



Is the hospital ER the best place for care?

Most visits to hospital emergency rooms occur evenings and weekends, when physician offices are closed. This leads experts to believe ERs are used more for convenience than treatment of life-threatening symptoms. Patients pay higher costs for the convenience, but spending more doesn't improve the quality of care. If symptoms are not life-threatening, you'll generally receive better care from your personal physician. After hours, find an urgent care clinic.

Get to know your Participant Advocate

Carpenters, spouses and dependents have a new resource to help them get the most from their health benefits. Anita Wells, RN is the new Participant Advocate on the Trust Office staff. As a registered nurse, her primary focus is the needs of the individual. She will work closely with you to understand your situation, provide referrals, and guide you to resources that can help you get the best possible care. She can be reached at (206) 441-6514 or (800) 552-0635.



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Ask Mayo Clinic by mobile

Why pay for an office visit (or trip to the ER) if you don't need it? That's the idea behind the Ask Mayo Clinic nurse line. Call 1 (800) 903-1836 to speak with a Mayo Clinic nurse. In a matter of minutes, you receive a reliable assessment to help you decide how to handle your symptoms or medical situation. Program the number in your cell phone or mobile device so it's always with you. Ask Mayo Clinic is available 24 hours a day, 7 days a week, at no extra cost to participants.



Biometric screening forms due September 30

Time is running out to qualify for the Carpenters Rewards incentive. Remember to complete your biometric screening

form and fax it by Sept. 30, 2012. This activity is worth 75 points. If you miss the deadline, you'll fall short of the 200 points required for a \$200 gift card.

Meanwhile, keep an eye on these other requirements:

- **Complete your Mayo Clinic Health Assessment by Oct. 31, 2012 (75 points).** You won't qualify without it.
- **Complete one Mayo Clinic Health Management Program by Dec. 31, 2012 (25 points).** Take your pick: My Fitness Solution, My Weight Solution, or My Stress Solution.
- **Complete Mayo Clinic Health Coaching or My Coach by Dec. 31, 2012 (25 points).** This requirement is waived when two or more Health Management Programs are completed.

To participate in Carpenters Rewards, just log on to CarpentersHealth.org (the EmbodyHealth website) and click on My Rewards.