

BUILD A STRONG FOUNDATION

HEALTHY BONES, JOINTS AND MUSCLES PREVENT INJURIES



A solid frame supports any structure better. Strong bones, healthy joints and toned muscles are the foundation of a healthy body. They are also the best prevention against injuries.

PROTECT YOUR JOINTS

Make simple changes in everyday habits.

- Lift slowly. Align your spine and bend your knees. Lift with your legs. Do not twist at the waist.
- Stop to stretch when driving long distances.
- Support your lower back when sitting.
- Fit your workstation to your body for correct posture.
- Sleep on a firm mattress. Use pillows to support your joints.

ROTATE YOUR PHYSICAL ACTIVITIES

All types of physical activity help preserve bone mass and build muscle. But different types produce different results.*

- Flexibility exercises decrease joint stiffness, improve range of motion and minimize muscle soreness. Get a yoga video or join a yoga class.
- Aerobic exercises boost metabolism, decrease inflammation and improve stamina. Ask a friend to go walking, swimming or cycling.
- Strength training stabilizes joints, strengthens muscles and increases bone density. It decreases your risk for osteoporosis and fractures. Try dumbbells, resistance bands or gravity machines.

MANAGE YOUR WEIGHT

Just losing five to 10 pounds of your body weight reduces the impact on your joints and gives you energy.*

- Know why your weight, body mass index and waist circumference are important.
- Develop a weight-loss strategy and set a realistic goal.
- Consider enrolling in a weight-management program.

PREVENT BONE- AND JOINT-RELATED DISEASES

To help prevent bone fractures, focus on a diet rich in calcium and vitamin D. Exercise regularly, especially weight-bearing exercises.*

* Talk to your doctor or health care provider before beginning any type of physical activity or weight-loss program.



A SOLID FOUNDATION CAN PROTECT AGAINST INJURIES

A solid foundation can protect against injuries. Talk to your doctor or call a Blues On CallSM health coach at 1-888-BLUE-428 (1-888-258-3428) and start building today.

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10/16 CS201308



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